

Nuts

WHEN YOU **REALLY** NEED
SOMETHING FUNNY!

NEW
LOOK
NUTS!

JESSICA-JANE
CLEMENT!



X Factor Tulisa's
sexy beach
snaps!



Pets with
pints!



Nuts tests
new Aston!



Plus! Keith
Lemon!

THE REAL HUSTLE'S

JESSICA-JANE CLEMENT!

Our look is new, her clothes are few!



New TV
babes
pledge!



Inbetweeners
movie **secrets!**





Pringles
XTREME



UNLEASH YOUR INNER **XTREME!**



NEW



YOUR NEW LOOK Nuts!

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This week in the Nuts office!

TV bachelorette Nickie shows off her new Nuts

IT'S THE ALL-NEW NUTS!

Mooli's roti rolls spice up the Nuts team



Nuts NEWS

EXCLUSIVE!

Meet *The Bachelor* babes!

The pick of the honeys from 5's new dating show!

→ IT'S A tough life for rugby buffoon Gavin Henson.

Charlotte Church's ex is now starring in Channel 5's new reality show *The Bachelor*, with 25 hot-as-hell girls battling to be his new squeeze. Poor bloke!

Nuts met three of the sexiest singletons that Gav will be getting to grips with – and bachelorettes Nickie, Morgan and Carrie were more than happy to show off a few very good reasons why he should snap them up.

Offers for them to sack off Gav and live in the *Nuts* office weren't met with great enthusiasm! ▶



NICKIE!



CARRIE!



MORGAN!



25 PRETTY GIRLS, ONE LUCKY BLOKE!

Rugby berk Gavin Henson will whittle down 25 girls to one happy squeeze



It was the hardest
game of "Snog, Marry,
Avoid" of all time

Nuts NEWS

Hi girls! So tell us, what's it been like filming *The Bachelor*?

Carrie: Hello! Twenty-five girls competing to win one heart – it's been very entertaining!

Nickie: So much fun! A proper once-in-a-lifetime thing, and it's very genuine – nothing's made up for entertainment.

Morgan: I was stupidly nervous! But once everyone got settled, it was definitely one of the best experiences. It was a very surreal way of dating, though!

Did you all watch the American version of the show to bone up?

C: I YouTube'd it! It really sold it to me because it was classy, glamorous and genuine.

M: I knew lots about the show. I saw some stuff on YouTube, but it didn't prepare me for how emotional it would be!

Why did you go on the show?

C: I'd tried everything else! I'd just had enough after a string of bad relationships.

N: I've been single for quite a while now, so I thought I'd give something different a go. I got the feeling that all the girls were there for that reason and not just to be a reality TV star.

M: I've had first dates in the past where I had to leave halfway through, so I've clearly not been getting it right!

Reckon you'll all become *The Only Way Is Essex*-style celebs?

M: Whatever happens, it's going to change our lifestyles.

C: Getting to do fun things like this Nuts shoot is great!

What would be your ideal first date and how would you go about impressing your man?

C: Not dinner! Something fun – a sport or something scary, so he could look after you as well as having fun. Skydiving!

N: It's up to the bloke to impress! I like a guy who's not shy and tells a few jokes. And I agree with Carrie – not a meal.

M: I'd say a picnic, so you can get to know each other in a chilled environment. 

● The Bachelor is on Friday at 10pm on 5



“It’s up to the bloke to impress! I like a guy who’s not shy and tells jokes!”

Nickie





“Getting to do fun things like this *Nuts* shoot is great!”
Carrie



“I’ve had first dates where I had to leave halfway through!”
Morgan

***The Bachelor* explained!**



The original dating reality show premiered in America in 2002 and has run for 15 seasons to date. Though the bachelor is expected to end each season with a proposal, the track record so far is four failed engagements and one successful marriage!



EXCLUSIVE!

Inbetweeners movie secrets!

As whispered to us by the writers!

→ **YOU PROBABLY** won't recognise the scruffy herberts below, but you already love the work of Iain Morris and Damon Beesley, the creators of *The Inbetweeners*.

You may have heard that they've penned a movie, taking the antics of Will, Simon, Jay and Neil on a lads' holiday to the continent. Well, they kept a bit of a diary during filming, and here – exclusively for Nuts – are the choice bits.



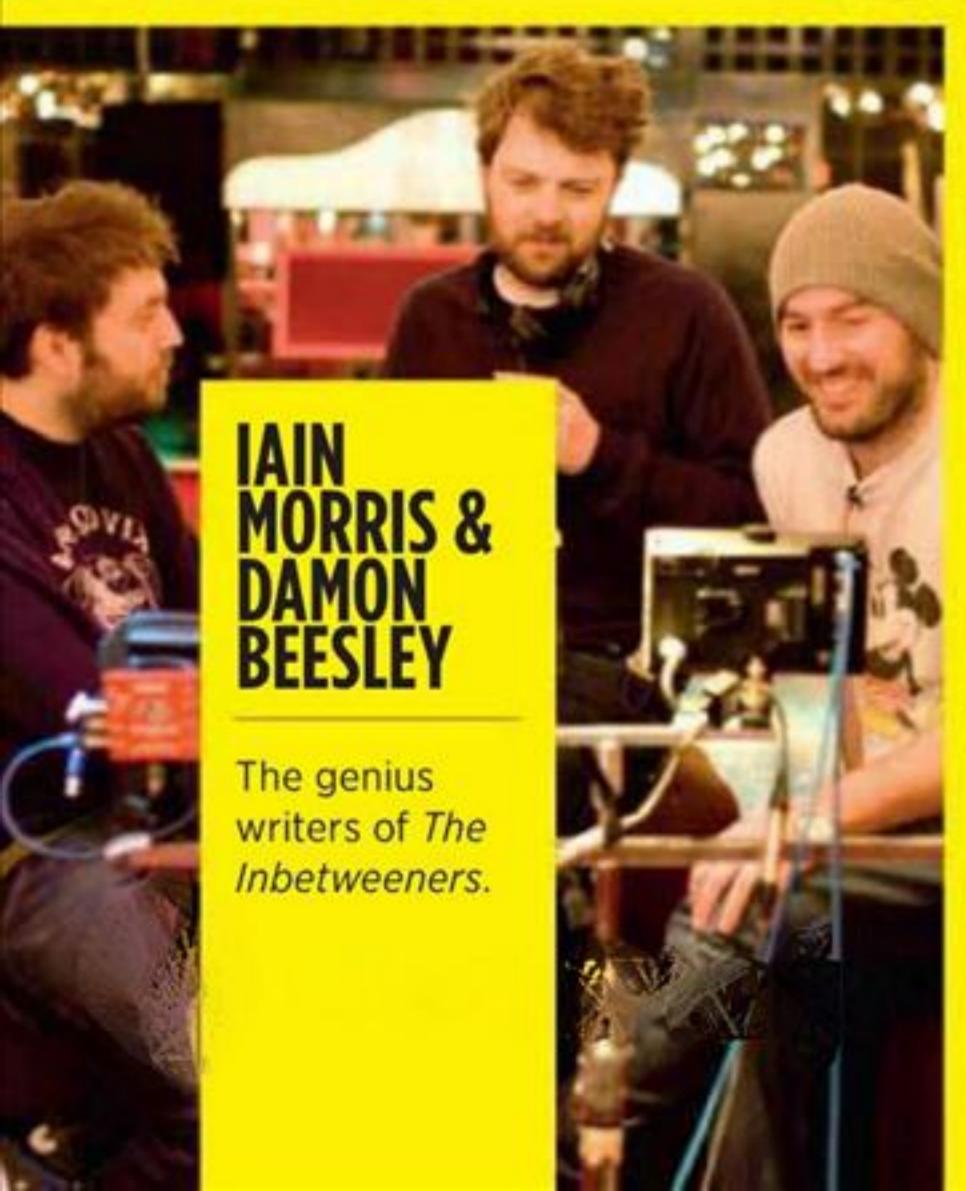
THE PUKE SCENE!

"Nice! There are lots of things we like about this scene. One: they're eating Subway's Meatball Marinara sandwiches, so we got to eat some. Two: the puke matches Will's shirt. Three: that's a *lot* of puke. There's no rig – Simon Bird has just taken in a massive amount. Well done, him!"



THE LOO-ROLL GAME!

"A game we found in a bar in Magaluf – you have to down a pint before you can put out the flaming toilet paper. Joe [Thomas] and James [Buckley] are amazingly good to do something this dangerous. We knew it couldn't be Simon, because he can barely *drink* a pint, let alone down one!"



IAIN MORRIS & DAMON BEESLEY

The genius writers of *The Inbetweeners*.



THE UPSIDE-DOWN DRINKING GAME!

"This drinking game was inspired by director Ben Palmer's trip abroad. It was incredibly uncomfortable for Simon, but the most whingeing came from Joe and James, who moaned that holding his legs was 'tiring'. I've looked for Simon's c*ck and balls, and I think it's that lump to the left!"



QUAD-BIKING STUNT

"Quad bikes are everywhere in Malia [Crete, where some of the movie was shot]. Apart from the bars, the next most immediately recognisable thing there are the quad bikes. Buckley rates himself as pretty good on them, but that look of fear from Simon is 100 per cent real!"

James Buckley gabs!



Hi James! The movie's out this week. How was filming?

We filmed off-season in Magaluf and the whole place was freezing! But it was great fun – the whole town became our film set! We filmed about 30 seconds' worth in Malia last year, which became the teaser trailer. What you can't see is people getting thrown out of nightclubs, fighting and getting run over by quad bikes! It was a complete nightmare!

Is it true you got a personal trainer to buff up for the beach scenes?

I didn't. Simon Bird did! He had two sessions, then – because he's Simon Bird – he went, "I don't need one any more, I can do it by myself," because he wanted to save money. That was the end of that.

Have your pubes grown back yet? You shave them off in the trailer!

I chickened out, so they got a double in for me. I didn't want to shave my pubes into an arrow. What's wrong with saying no to that?

So is that really it for *The Inbetweeners*? Do more!

Nah. This'll be it. We'd all like to finish. We all love working together, so we'd take any excuse to work on something else. I'm really proud of *The Inbetweeners*. I wouldn't want to fiddle about with it!

"This is boring.
Pub?"

Fire + planes + 375mph truck!

**Yes, the result is
rather impressive!**

→ **WHAT'S NOT**
to love about this
picture? You've
got an upside-down stunt
plane racing a 375mph
truck (brilliantly called
the Flash Fire Jet Truck),
while a gigantic wall
of fire explodes in the
background. The answer,
of course, is nothing.

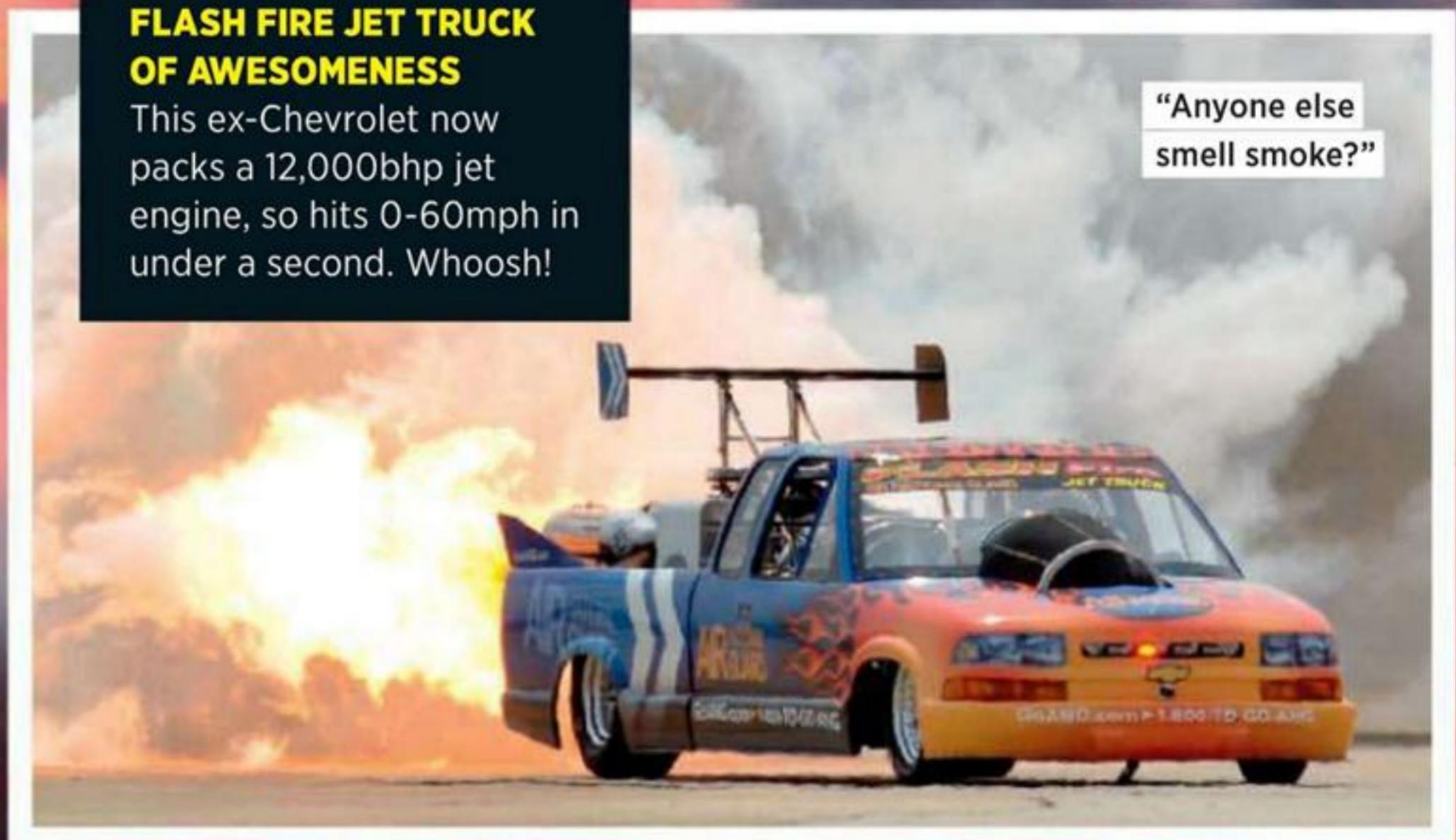
And yet this isn't the
whole "act" from the
awesome US stunt trio
Team Chaos – there was
also a mid-air near-miss
between the plane and
a second stunt aircraft!
Kind of makes *Britain's
Got Talent's* dancing dogs
look a bit rubbish, really.



FLASH FIRE JET TRUCK OF AWESOMENESS

This ex-Chevrolet now packs a 12,000bhp jet engine, so hits 0-60mph in under a second. Whoosh!

"Anyone else smell smoke?"



Nuts NEWS

"Now, I know I left
my bikini bottoms
somewhere..."

EXCLUSIVE!

Tulisa in a bikini!

The N-Dubz babe finally gives up the N-Gudz!

"Um, are
these bottoms
even mine?"

→ **THANKS TO** the wonders of girly holidays in Ibiza (and the bikinis they necessitate), we can now reveal that the answer to, "What does Tulisa look like in very little clothing?" is, "Marvellous!" Also answered: would N-Dubz be better as a solo outfit? Nuts – always first to answer the *big* questions!



Tulisa's baby was
a happy soul



X FACTOR HONEY!

In just two weeks
Tulisa starts
brightening up
our Saturdays,
and making up
for Louis Walsh
on the panel!

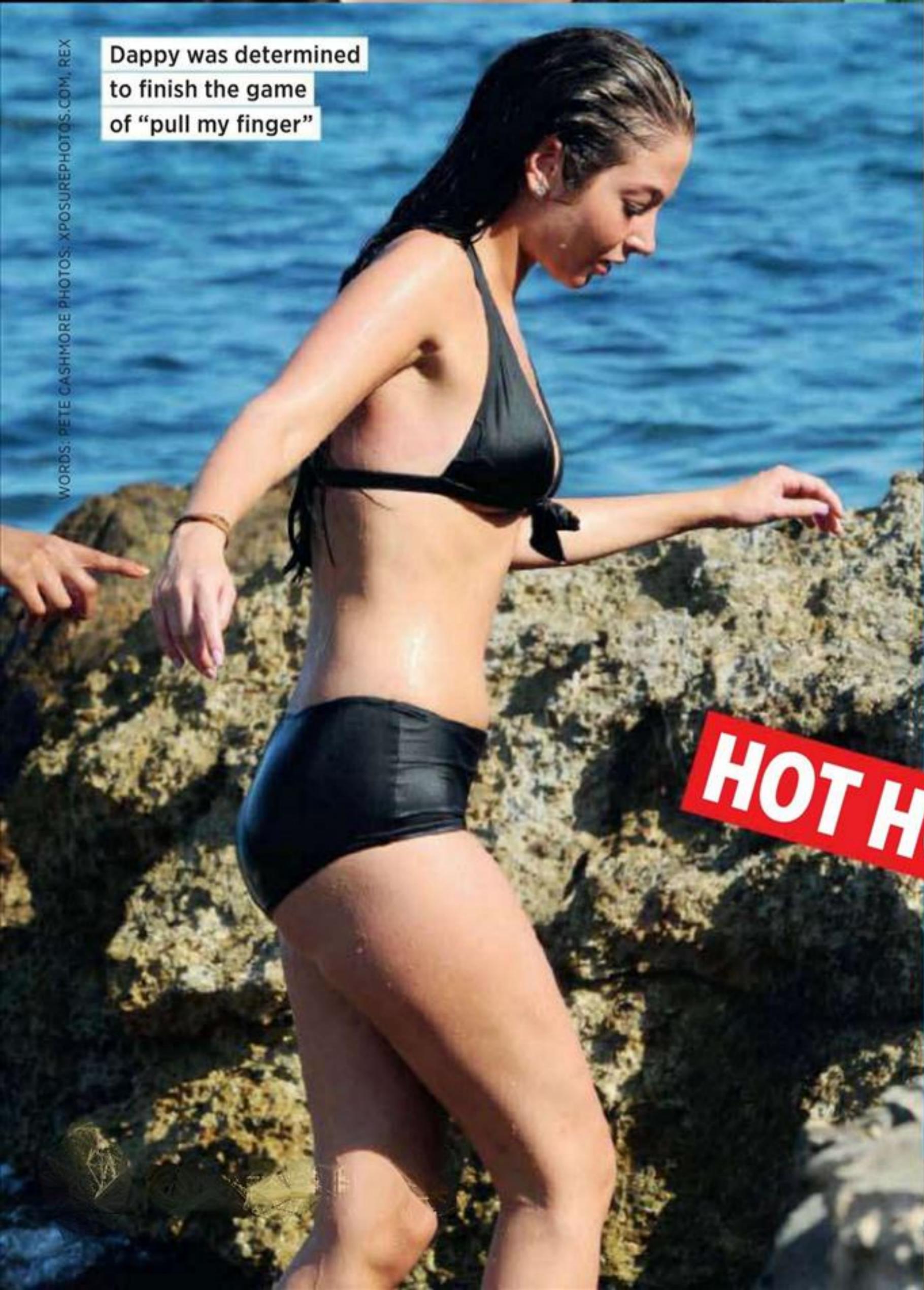
BIKINI ACTION!



"OK, who
crazy-glued
the handrail?"



"Did you just
wolf-whistle at
me, Barlow?"



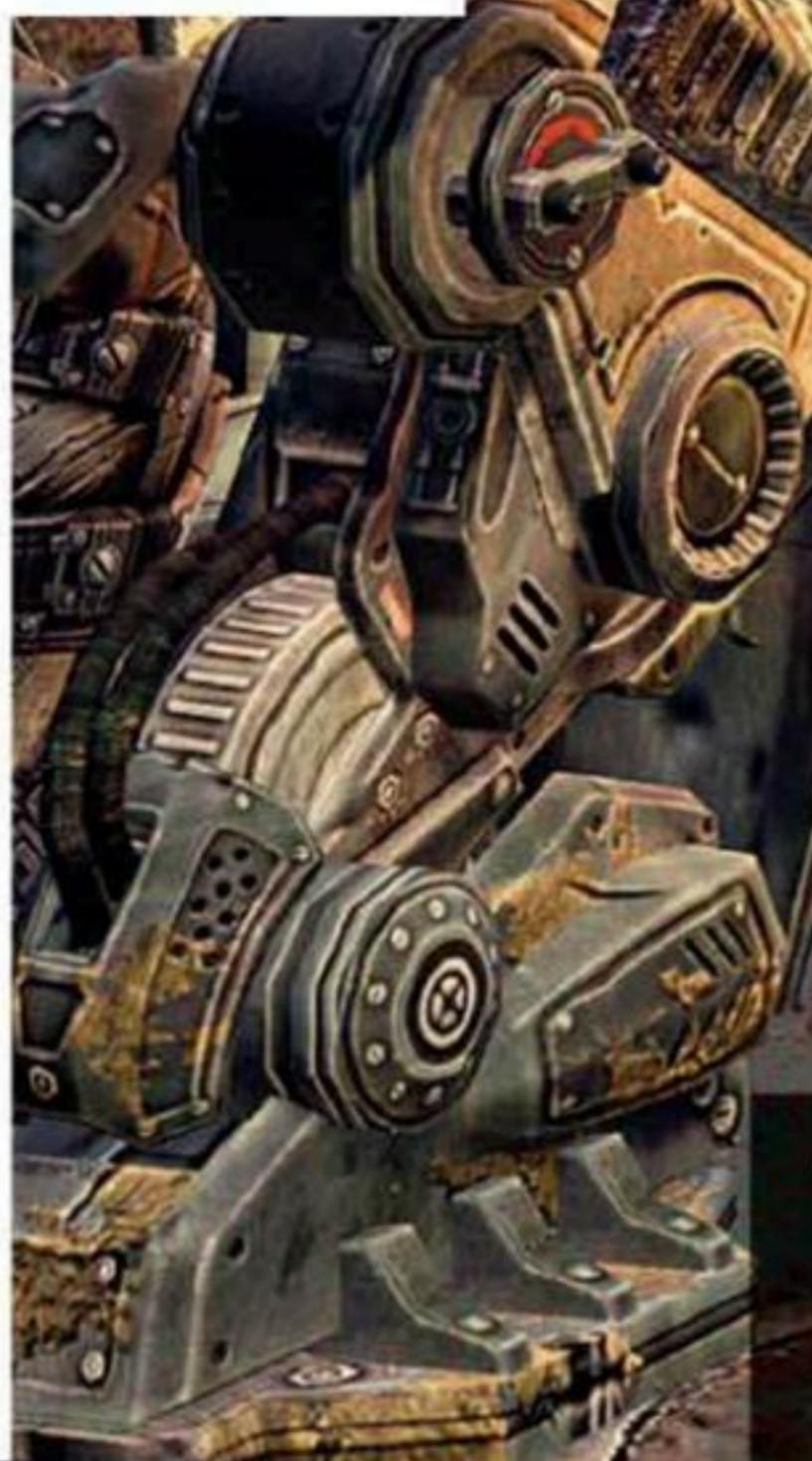
EXCLUSIVE!

Gears Of War 3: the first two hours!

Nuts plays Act One in its entirety!

→ **PICTURE THE**
scene: ten sweaty
men sit hunched
over Xbox controllers,
expensive headphones
plastered on heads, eyes
squinting at flat-screen
TVs, a slightly simple
grin plastered across
their faces. Sexy it most
certainly isn't, but that's
what happened last week
in Xbox's swish London
offices, where a crack
squad of chaps were let
loose on the entire first
act of upcoming shooter
Gears Of War 3. It's out
exclusively on Xbox 360
on 20 September, and
here's what we made of it.

WORDS: RORY BUCKERIDGE



THIRTY MINUTES IN!

It all kicks off as we clear
a path for two helicopters
to escape. Plus, we're
given our first mission: find
main man Marcus' father,
long thought to be dead.

ONE HOUR IN!

Our men face-off with
a huge boss – a Lambent
Leviathan – jumping into
tooled-up mechs called
Silverbacks to shoot him
in the face with missiles.



TWO MINUTES IN!

After a handy story recap,
it's straight into the action
as our warship is attacked
by the Lambent – twisted
aliens infected by a glowy,
yellow "emulsion". Gross!





Know your enemy!

**The new cannon fodder,
hungry to eat your bullets!**



Polyp

Swarming, fast-moving, insect-like critters. Seeing them charge usually results in bursts of panic fire!



Drudge

If you're near enough, these big beasts will puke acid at you. Move away and they throw fireballs.



Dark Drone

The standard-issue
Lambent henchman. Fast-
moving, clever and hard to
target. Your main enemy.



TWO HOURS IN!

Our B team fights with old enemies the Locust, in order to hit the Leviathan with a big container of explosives. Then it all goes boom! Act One ends.

Berserker

Big, beefy mothers that shoot balls of fiery goo and pack a retractable, tentacle-mounted blade.

EXCLUSIVE!

Meet Nuts' new girl!

It's celebrity lesbian Danni Orsi, sorting out your sex stuff!

→ WE'RE THE first to admit that when it comes to sex with a lady, we're about as effective as Arsenal at set pieces. But that doesn't mean we're not keen as mustard to get better! So who better than a real, live, *actual* lesbian to advise us on the best way to successfully get jiggy with a pretty woman? Step forward, Danni Orsi, celebrity lesbian from Channel 5's fly-on-the-wall show *Candy Bar Girls*, who's going to be fielding your sex questions going forward in *Nuts*.

"If I can help chaps to make ladies happier, I'll be doing something right!" said Danni when she popped in to pose for our hastily organised signing session (below). Now turn to page 29 of this issue for Danni's first column. And immediately become better at sex!

"Wow, that was the easiest exam ever!"

FIT LESBIAN!





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EXCLUSIVE!

Swann: 'Being number one means nothing!'

England's spin wizard on curry for lunch, Newcastle FC and facing Tendulkar

→ Hi Graeme! How are you enjoying the Test series against India so far?

It's been brilliant! The boys were always keen to get off to a great start and we can't really complain about how it's panned out so far!

What would it feel like to be the number-one Test team in world cricket?

To be absolutely honest, it means nothing! We just have to keep winning and the rankings will take care of themselves. At the end of the day, they're just statistics on a bit of paper.

Shane Warne has compared the current England squad to the great Australian side he was part of. Do you think England could dominate world cricket over the next few years?

Obviously, our aim is to get to the top and stay there, and we have the tools in the batting and bowling department to do it. But you also have to have luck on your side and hope your big players remain injury-free.

With yourself, Stuart Broad, James Anderson, Chris Tremlett and Tim Bresnan, England must have one of the most formidable bowling line-ups in world cricket?

I'm not sure about that! We're really happy with our current bowling line-up, that's for definite. In our own backyard, in our own conditions, we've been outstanding.

What's been the toughest thing about facing the Indians?

You know what? It's been eating curry every day for lunch! We get given the same grub as the Indian lads and it really hasn't agreed with me at all. I'm usually more of a pie and chips man myself!

There's been a lot of talk of Sachin Tendulkar getting his 100th century in this series.

What's it like facing him?

Obviously, he's an amazing player and a tough batsman to bowl against. Thankfully, we've managed to keep him relatively quiet this series and I think that's been one of the keys to our success. It's just like when we kept Ricky Ponting quiet in the last Ashes series!

The fourth Test is coming up at the Oval. Is it one of your favoured grounds? What's the pitch like for a spinner?

The Oval is a great ground. I have some wonderful memories from playing there in the 2009 Ashes series. As for the pitch, we'll have to wait and see. Sometimes, it can spin, which is obviously great for me. Other times, it can be as flat as a pancake!

You're a big Newcastle United fan. What do you make of their chances this season?

I'm not sure, to be honest. All the latest stuff with Joey Barton is really disappointing. We always seem to be in the newspapers for the wrong reasons. But hopefully, it'll be forgotten when we're sitting pretty at the top of the table!

We know you love your music and that you front your own rock band. Have any of your England team-mates ever seen you play?

They have, actually! We played at the PCA Cricket Awards once. Alastair Cook was loving it, dancing his socks off at the front! He doesn't remember much about the night – but neither do the rest of the players, to be fair. That was definitely our type of audience!

From the Ashes tour onwards, it's been pretty much non-stop cricket for you guys. Do you ever get burnt out?

It can be really tricky, I won't deny it. But the hardest thing

is definitely being away from your family for such a stretch. That said, you're a long time retired!

Are you looking forward to playing the one-day matches in India? Are the pitches there a spinner's dream?

You have to take them as they come, really. Some of them obviously spin a lot but there are a few that are amazing batting wickets and really tough to get any sort of turn on.

Which is your favourite form of the game?

Oh, for me it has to be Test matches all the way. They're the purest form of the game and exactly how cricket should be played! I do like the shorter forms, although I prefer Twenty20 cricket to one-day matches, as I don't have to get out of bed until the afternoon!

Thanks for the chat, Graeme! Finally, what's it like having Broad and Alastair Cook captain you in the one-day and T20 sides? Do you get grumpy being bossed about by youngsters?

When I'm bowling, I'm always a bit grumpy – but that's usually the only time! As long as Cooky and Broad are doing a top-notch job, I'll have no complaints.

● England vs India: fourth Test starts on Thursday at 10.30am on Sky Sports 1.

HE'S ON THE NET!

Graeme is an ambassador for Rubicon Exotic Juice Drinks. Visit www.youtube.com/rubiconlovecricket





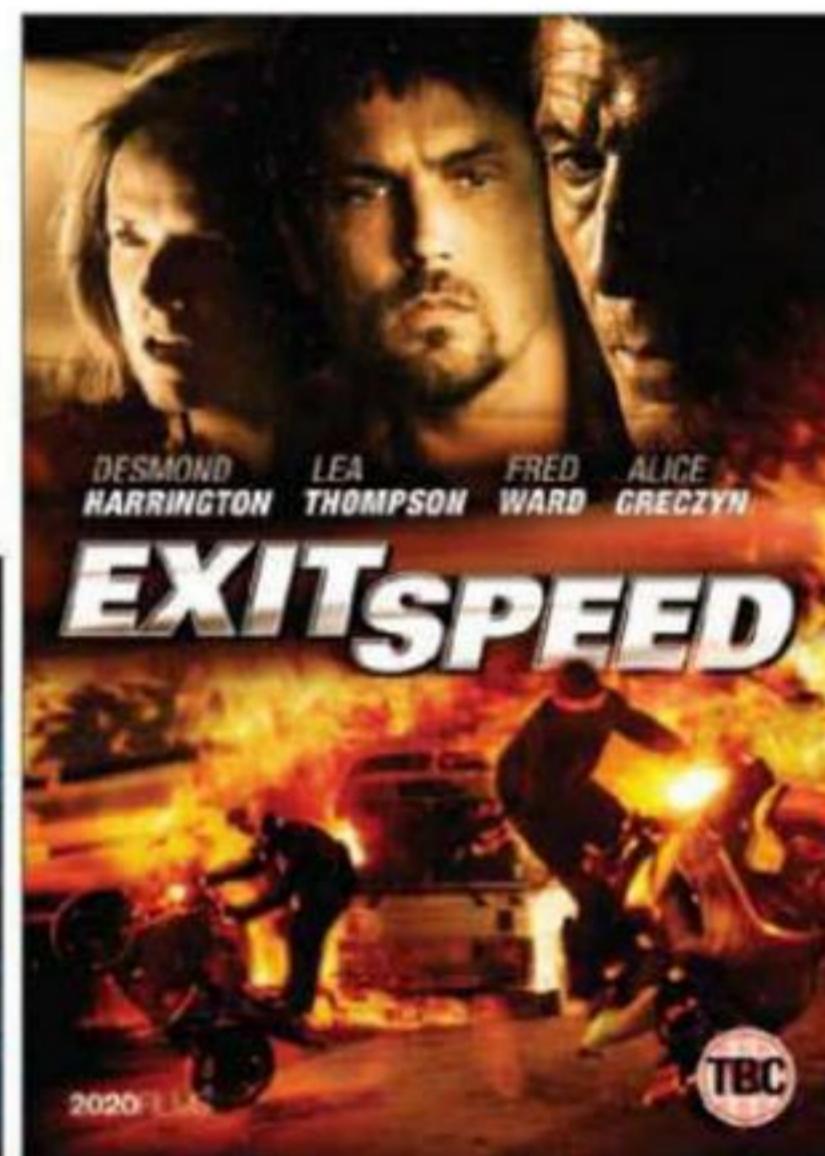
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EXCLUSIVE!

Nuts tests the new Aston!

The new Virage rated, *Nuts* style!

→ **THIS IS** Aston Martin's newest model, the Virage. With a price of £150,000, it sits between the middle-aged DB9 and the pumped-up DBS – faster than the former, comfier than the latter.

As usual, it looks quite similar to the four other Astons but under the microscope, the Virage boasts a longer snout, new headlights, a five-slat grille, sill extensions and a unique rear diffuser. Importantly, it's very fast and handles nicely.

That's the tech side sorted – now for the stuff you really want to know...

WORDS: JONNY SMITH PHOTOS: FLY PHOTOS



"Here! I bought some food!"



MEET OUR CAR MAN

Jonny Smith's been testing cars for most of his adult life, most notably on Channel 5's *Fifth Gear*.

IT'LL NAVIGATE MCDONALD'S!

The Virage features a new carbon splitter up front, but it's not too low for a McDonald's drive-thru!

YOU GET A FREE PEN!

Conveniently situated next to the "traction control off" button is a little hole where a special stainless steel pen pops out. Handy!

Bond's latest gadget was on the boring side





ROOM FOR DOGS!

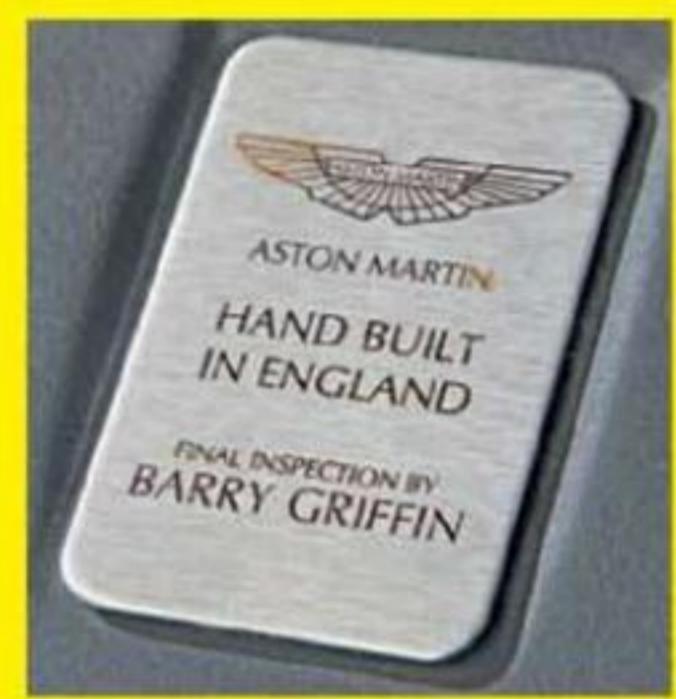
The soft leather-stitched area behind the front seats can fit a pair of medium-sized dogs (as long as their paws are clipped).

"Not now – people are watching!"

The tale of the tape!

The Virage, turned into chewy nuggets of facts

- Under the bonnet lurks a hefty 490bhp, 6.0-litre V12 engine.
- 0-62mph takes 4.6 secs. Top speed is 186mph.
- The base model will set you back £150k. That's before any extras!
- With current fuel and beer prices, it'll cost exactly 37 pints to fill.
- There's a plaque informing you who did the final inspection on each car. Ours was signed off by Barry Griffin. Cheers, Baz, it does lovely burnouts!

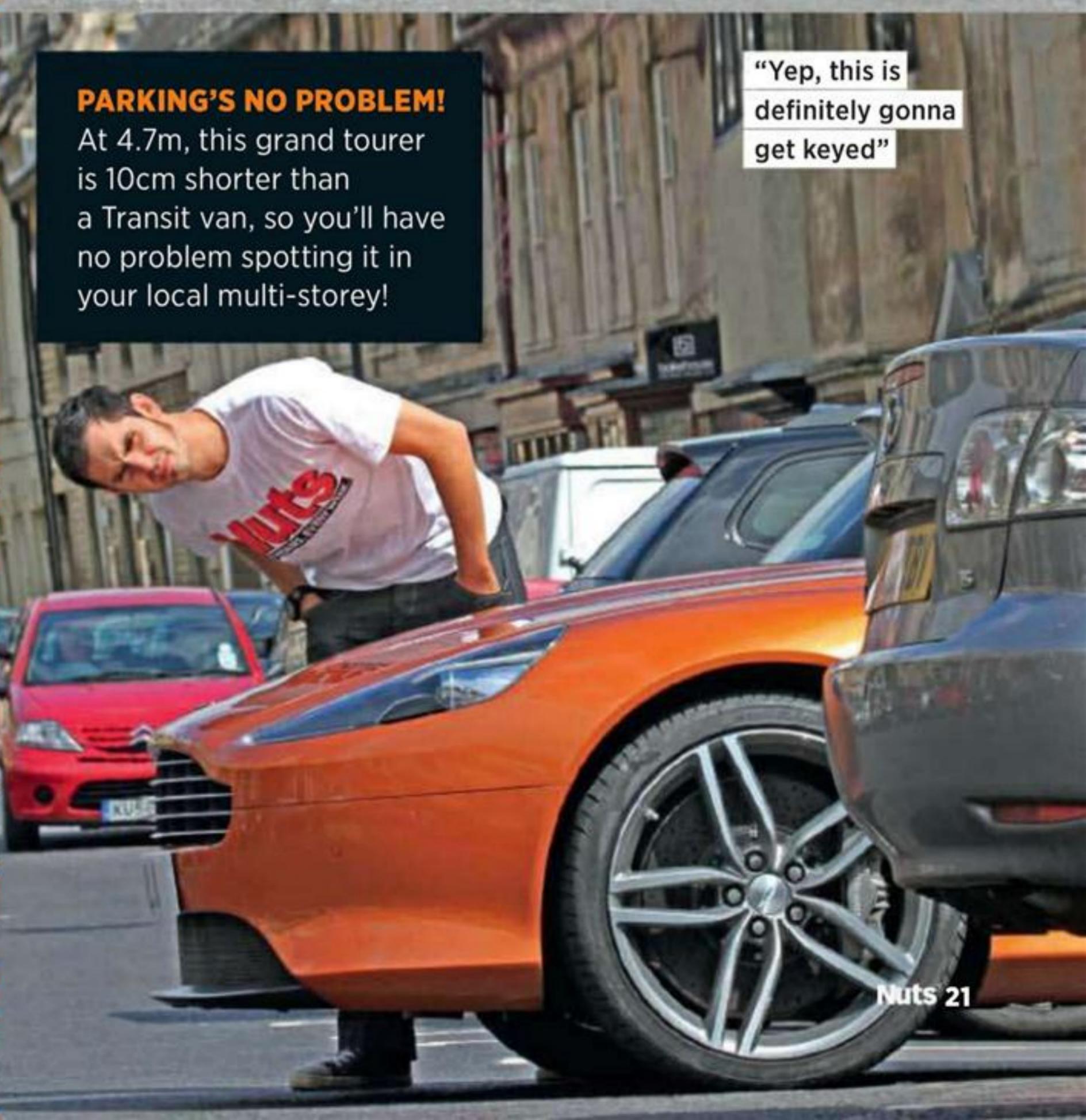


YOU CAN GET A MATE IN THE BACK! KIND OF

With some careful folding (and yelping), it's possible to fit a 6ft 3 man inside the boot. So now you know.

PARKING'S NO PROBLEM!

At 4.7m, this grand tourer is 10cm shorter than a Transit van, so you'll have no problem spotting it in your local multi-storey!





Holly Valance

In a Foster's ad

Foster's have launched a beer! With the word gold in it! Let's paint Holly gold! It's joined-up thinking like that which won two world wars.

WORDS: RORY BUCKERIDGE PHOTOS: UNLEASHED.COM/HARRYP SPLASHNEWS.COM, TNI PRESS, WENN.COM

Rude NEWS

News thankfully free from rioting, looting or law-bending!



Katie Green

On her hols, Majorca

Any health-and-safety chap would give two thumbs up to Katie's pool exit – both hands on poles and no bikini to get caught up, causing a *Casualty*-style mishap.

Nicki Minaj

Performing in New York

For an entire song's length, Nicki's boob had a struggle with her top more epic than a fight between a fox and a badger. A pair of dust-ups we'd gladly pay to spectate!





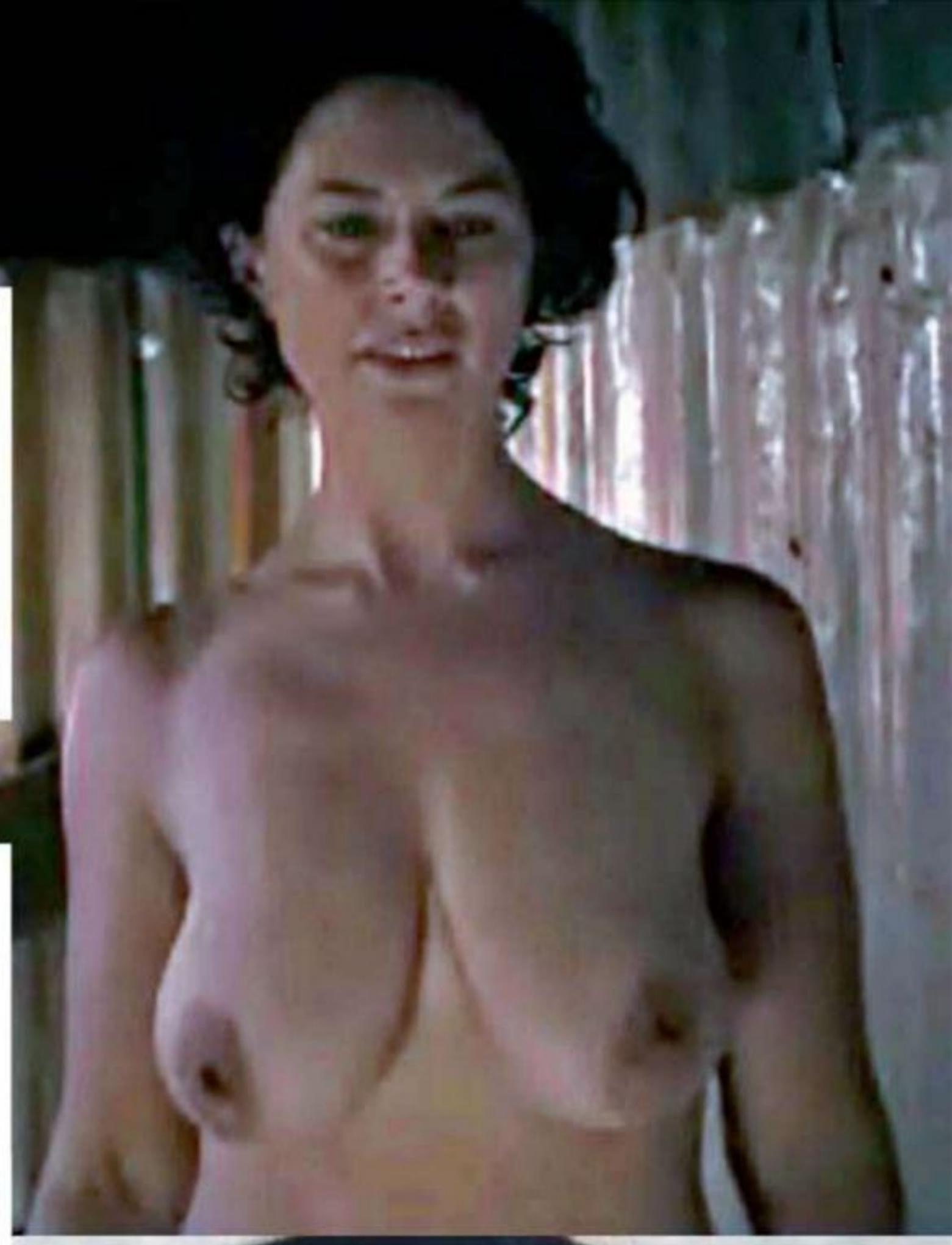
←

Amy Childs

On her hols, Marbella

The *TOWIE* star has signed up for *Celebrity Big Brother* – basically the same show as before, with fewer vajazzles and a slightly higher IQ. Well, unless Jedward are in.

→

A small inset photograph showing Belinda Stewart-Wilson (Will's mum) standing next to her son Will, who is wearing a suit and tie.

←

Tamara Ecclestone

On her hols, Sardinia

Looking at Tamara (impossibly attractive bikini model) and looking at her dad (walnut-faced Formula One goblin Bernie), you realise just what a wondrous thing nature is!

→



Kelly Rowland

Performing in New Jersey

Another pop wardrobe malfunction! Did all the celebrity boobs have a meeting last week and decide on this? Presumably Lily Allen was chairperson?

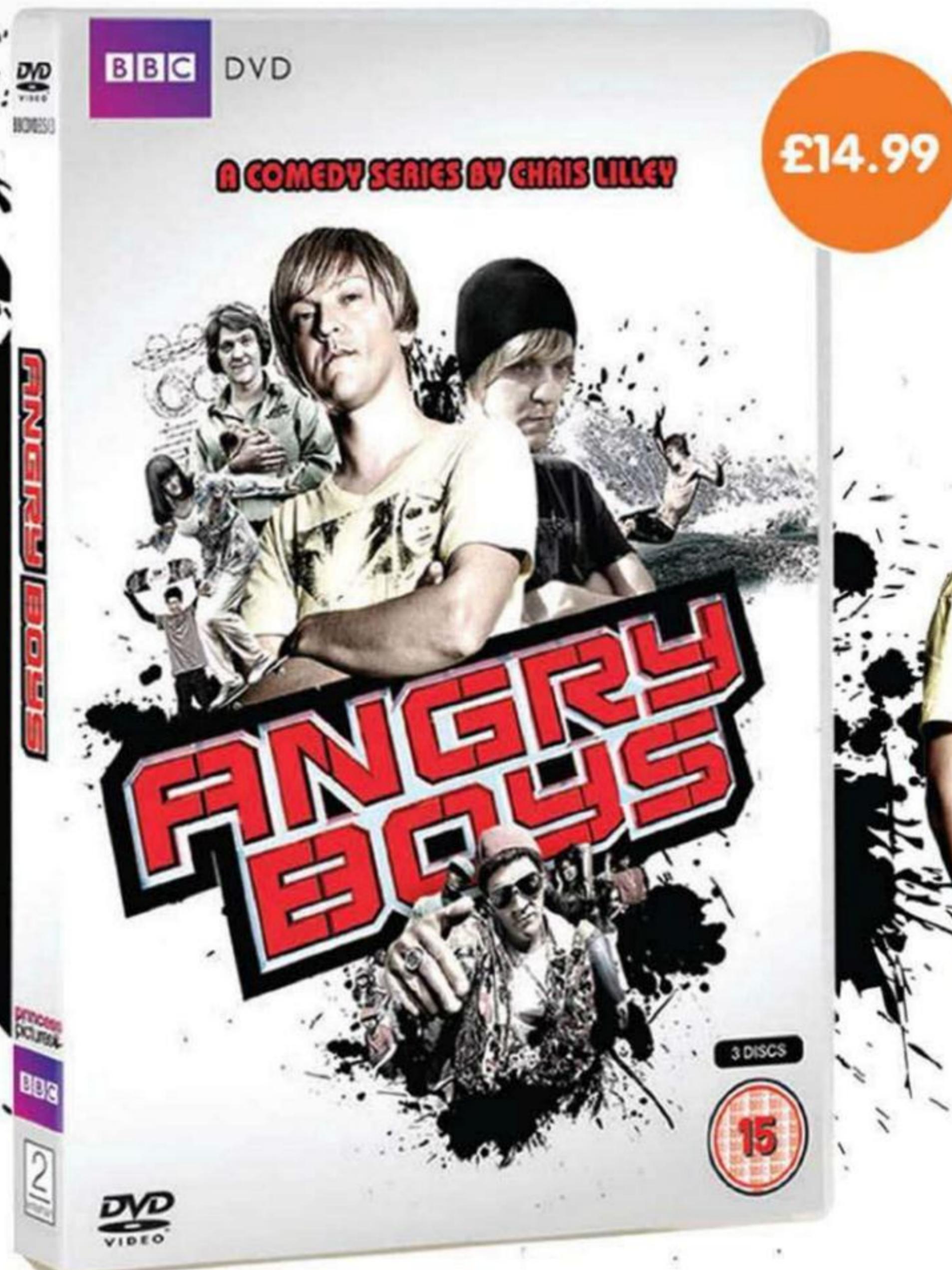
FROM THE CREATOR OF
SUMMER HEIGHTS HIGH AND WE CAN BE HEROES

'The funniest thing I've seen for ages.'

- The Guardian

'... complete and utter genius'

- Grazia



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Would you?

Your secret crushes put to the test!

For some reason,
she always won
staring contests

NEW TO
NUTS!

THIS WEEK
DAWN FRENCH?



"My mate Joe Oliver is totally besotted with *The Vicar Of Dibley*'s Dawn French. He even follows her on Twitter! I just don't see it myself. What do other readers reckon?"

NATHAN Beckenham

PHOTOS: GETTY IMAGES

Vote now at www.nuts.co.uk/wouldyou



Nuts!

JIM JEFFERIES! GOES NUTS!

The world's most offensive comedian lets rip!

ONLY IN Nuts!



WHO THE HELL'S JIM JEFFERIES?

Jim's an award-winning comic from Australia. He likes swearing, and being angry.

"Let's make the Brazilians kick off!"

LET'S TALK about the riots this week. I mean, what the f**k else am I going to talk about, right? Really, Britain, what's the point? I know the issue seems to be that the police f**ked up again, but since when do we expect British cops to do everything right? Remember when they shot that Brazilian dude on the tube? Why weren't there a load of Brazilians out on the streets kicking off and looting? I would've loved a good carnival!



"Don't steal TVs, steal David Cameron's stapler!"

OK, I'M putting on my serious face now. I'm sure you're all very angry and I love a good social revolutionary uprising as much as the next guy. But I love 'em against the government. So by all means protest, but don't go burning down some innocent f**ker's private business. Most of these c**ts don't even know why they're rioting in the first place, and even if they do, how has stealing the latest 42in plasma TV from Currys ever proven anything? I notice that nobody's proving their point by looting a government building and stealing UB40 forms and David Cameron's stapler. Smashing up private buildings is like hitting your dog's mate because your girlfriend f**ked another guy!

"You're looting all wrong!"

I'M AWAY from the UK at the moment, so I don't want to say too much about what the exact

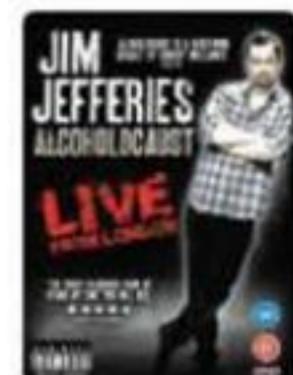
vibe might be, but I do know that Amazon.co.uk have just recorded their largest sale of baseball bats in any 24-hour period in the UK, ever. I'm not sure if you people have got this looting thing down pat yet.

First up, you break into the sports store. Then you get your baseball bat, then off you go. I've seen a lot of JD Sports stores being broken into, but I also saw a branch of Lidl getting done. I don't want to make assumptions about the type of people who are rioting but if you're going to riot, go to Waitrose or Marks & Spencer. Don't loot at your own level, guys – always loot up!

"God bless the Millwall fans!"

IT'S BEEN reported that in some areas, the only stores left unlooted are bookshops. One Waterstones employee was quoted as saying, "If we stay open, they may steal a book and actually learn something." Let's look on the bright side – I'm sure loads of you f**kers have had a free day off work, and these situations always give us a fresh sense of community. The people of Clapham took to the streets with brooms to clean up the mess and in Eltham, Millwall fans were out on the street corners protecting all the shops and bars. Funny, eh? Millwall fans protecting the community against violence and destruction! That's like Mike Tyson campaigning against rape. Right, calm down f**kers and I'll see you next week!

- Jim Jefferies: *Alcoholocaust Live* is out now on DVD!



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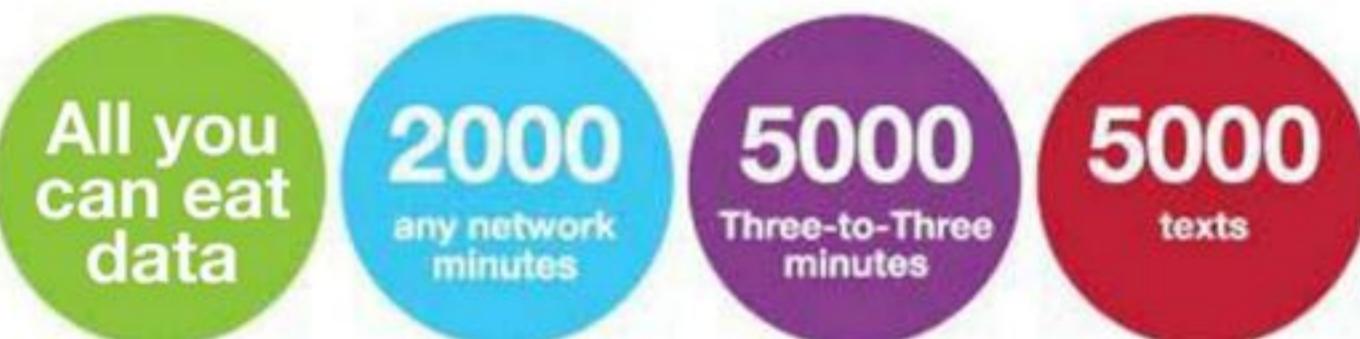
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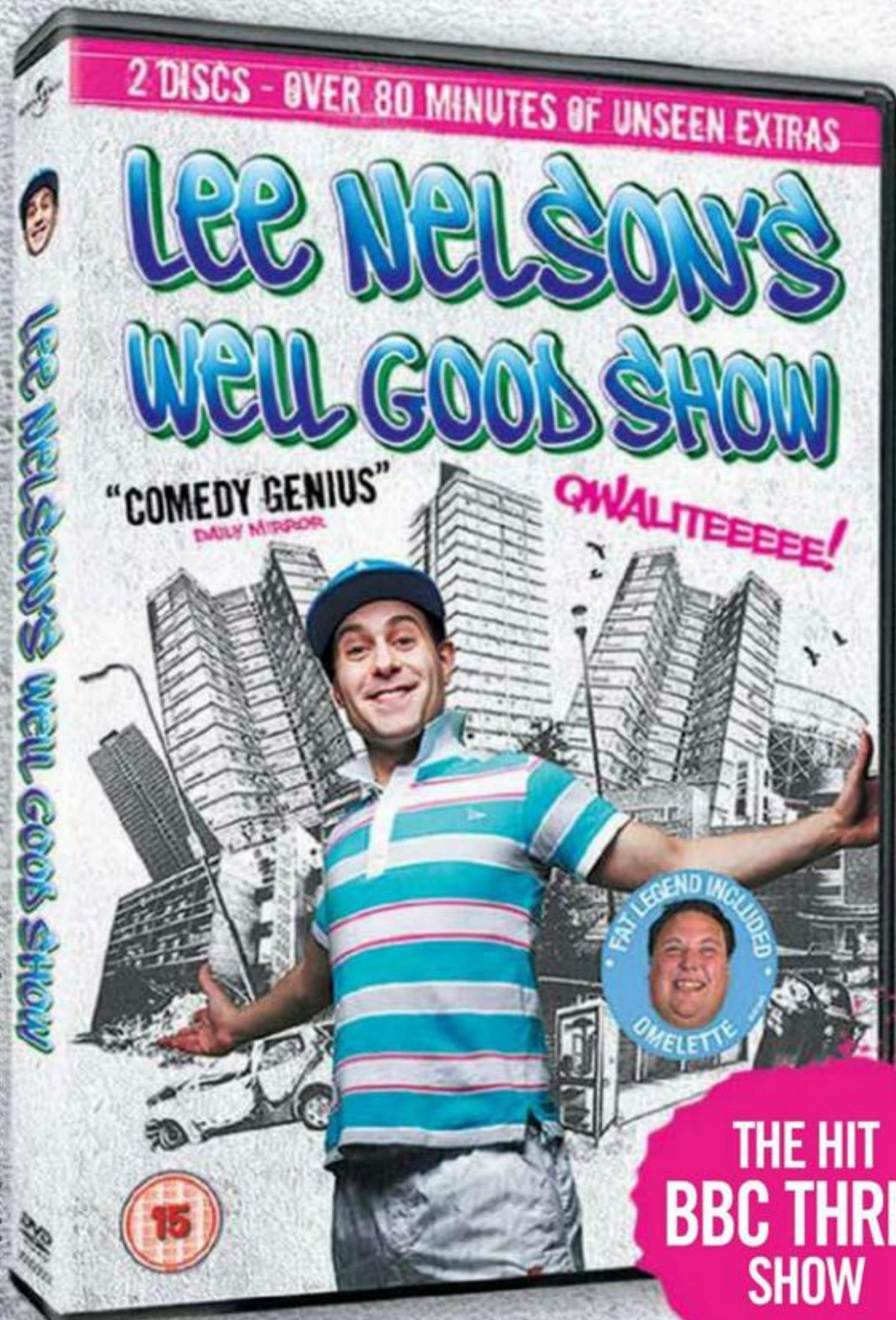
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NEW TO
NUTS!

SEX ADVICE FROM A FIT LESBIAN!

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DANNI ORSI,
100% REAL
LESBIAN!

You might
recognise her
from hit TV show
Candy Bar Girls
on Channel 5!



LETTER OF THE WEEK!

I'm worried that my lady likes ladies!

If I let my girlfriend try out a little lady love on the side – something she said she'd like to have a go at – how can I be sure that she isn't going to "turn"?

RICKY Macclesfield

I think this just means your girl is being experimental, so let her. However, I'd suggest you keep an eye on her, too! Loads of lesbians have had sex with lots of guys but need to start somewhere. If she's just doing it for attention, that's fine, but there's always the chance you could lose her.

Sex-toy help!

What would be a good sex toy to give a girl as a gift? I'm looking for something fancy.

DAZ Bristol

There's only one answer: the ten-function, wirelessly

controlled, vibrating c*ck ring, with super-stimulating egg, of course! Google it and you'll find it online easily enough, or just pop into your nearest sex shop. It'll enhance your... well, you know, that thing I don't have, and will make

you last longer. I can highly recommend it as it'll make sex a lot more enjoyable for both of you, and I guarantee it'll give your lady's bits a bloody good buzz! And you said you wanted to buy something fancy? Well, it's waterproof!

How do I go down?

When I go down on a lady, I'm not exactly sure what I should be doing with my tongue. Can you give me a little guidance?

STEWART Taunton

Hi Stewart. OK, first you need to be confident – this isn't about making love, this is about getting down and dirty! Make sure you hold her in position and take control. It's very important that you get involved! Don't think about your c*ck – this is her time. Tease her to begin with and don't strike for the clit straightaway – there's biting, scratching and pinching to be done beforehand. Follow these instructions and, trust me, she'll be yours. The objective: make her beg!

Lesbian porn!

My girlfriend loves watching lesbian porn. She says it really turns her on but that she's not a lesbian. I'm confused!

DAVE Belfast

Watch it with her and get a grip! She's probably trying to teach you something. Most lesbians watch straight porn and watch the d*ck going in, so don't worry – she's just trying to turn you on. Use it to your advantage and maybe even "play" her a little bit. Tell her that you think watching lesbian porn is a great idea and – more than that – you want another girl in your bed, too. Two can play that game!

- If you've got something to ask Danni, just email her at thelesbian@nutsmagazine.co.uk or write to her at the usual Nuts address on p72.

The Nuts Celebrity Kama Sutra!



No 1 The Giggsy Super Injunction.

Don't look!

The page that makes you go, 'Eurgh!'

"Yeah, well, you should see the other bloke!"

BUTCHERED!

HE'S OK NOW!

'Jets of blood were shooting everywhere!'

Angle-grinder accident lacerates limb!

→ NUTS READER, beware – the angle-grinder is officially your worst enemy! Don't believe us? Then just ask Berkshire mechanic Ian Facer, who recently got on the wrong side of one of the dastardly devices.

"I was at work one day, happily cutting some metal

with a 9in angle-grinder, when it suddenly kicked back into my left arm," Ian, 40, tells *Nuts*. "It went right through an artery, so as you can probably imagine, there were jets of blood shooting everywhere!"

This brutal image shows the immediate aftermath of the bloodbath, in which eight tendons and two nerves were

also severed! However, four-and-a-half hours of surgery later, Ian assures us that he's well on his way to recovery.

"I had 50 stitches put in and there's still a load of hard physio to come," he says, "but at least I have a fantastic scar on my arm to show for it!"

And as everybody knows, Ian, chicks dig scars!



His ventriloquism act needed work

Win £1,000!

Think you can do better? Here's your chance.

The best "Don't Look!" picture published in 2011 will win £1,000 in cash!* Submit your images and contact details to

dontlook@ipcmedia.com



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htc
quietly brilliant

YOUR Nuts

Your Letters!

The latest offerings from our bulging sack!



Gifted!

Dear Nuts,
I got this sexy outfit for my wife, Wendy – what do you think?

SAM Jersey

The definition of the gift that keeps on giving!

Change it back!

Dear Nuts,
Why on Earth would anyone want to change a street name as brilliant as this?

RAY London

Ray, some people are just... They're sick, Ray. Sick!

LETTER OF THE WEEK!



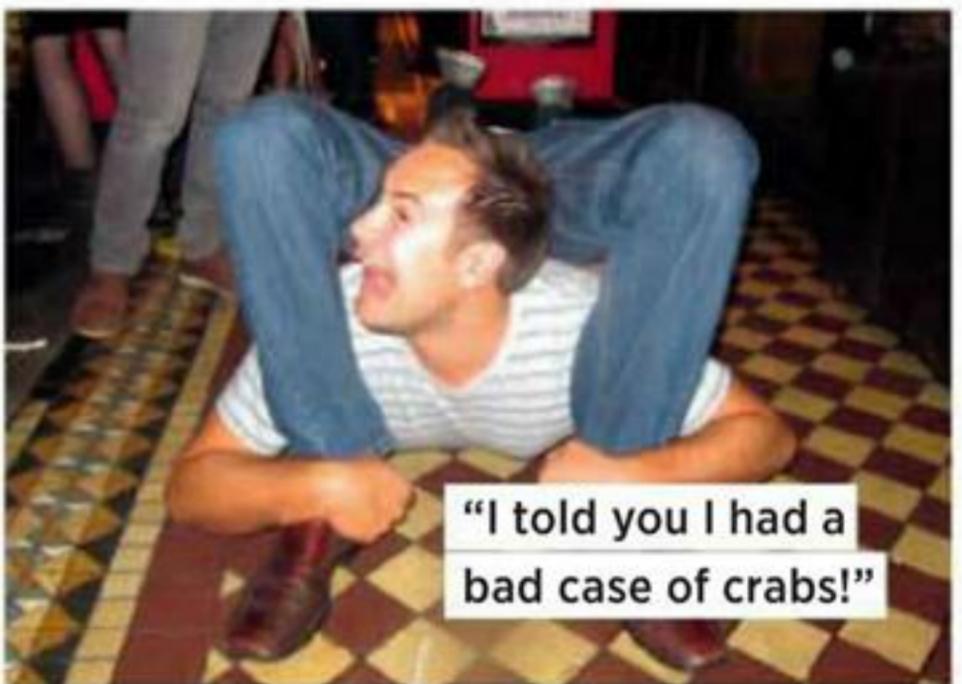
Quick! Get "Lovely Jubbly Walk" declared a landmark!

What a bender!

Dear Nuts,
On a recent stag party in Brighton, a couple of us guys thought we'd try to be funny and do our bendy-legs picture trick!

JOHN via email

Even we did a double-take at this one. Good work, chaps!



"I told you I had a bad case of crabs!"

Don't fill 'er up!

Dear Nuts,
I can't help thinking that the price of petrol in the Aldershot Tesco is a little bit on the steep side.

JOHN Aldershot

But where else are you going to go for your Ginsters?



A very mice meal

Dear Nuts,
I found this bad boy in the freezer at work. Delicious!

ARON via email

Pop it in a baguette and, "Hey presto!" – a delightful lunch!



"What do you mean 'no rat diving' at the Olympics?"

STEALTH BUMMING CORNER!



"Please print this stealth bum – it'd be a great morale-booster!"

JOHN Hiett 3 Mercian Regiment, Afghanistan

Don't drink there!

Dear Nuts,
Something about this bar in New York made me want to drink elsewhere!

WAYNE Swansea

You're right. The decor inside looks very unpleasant!

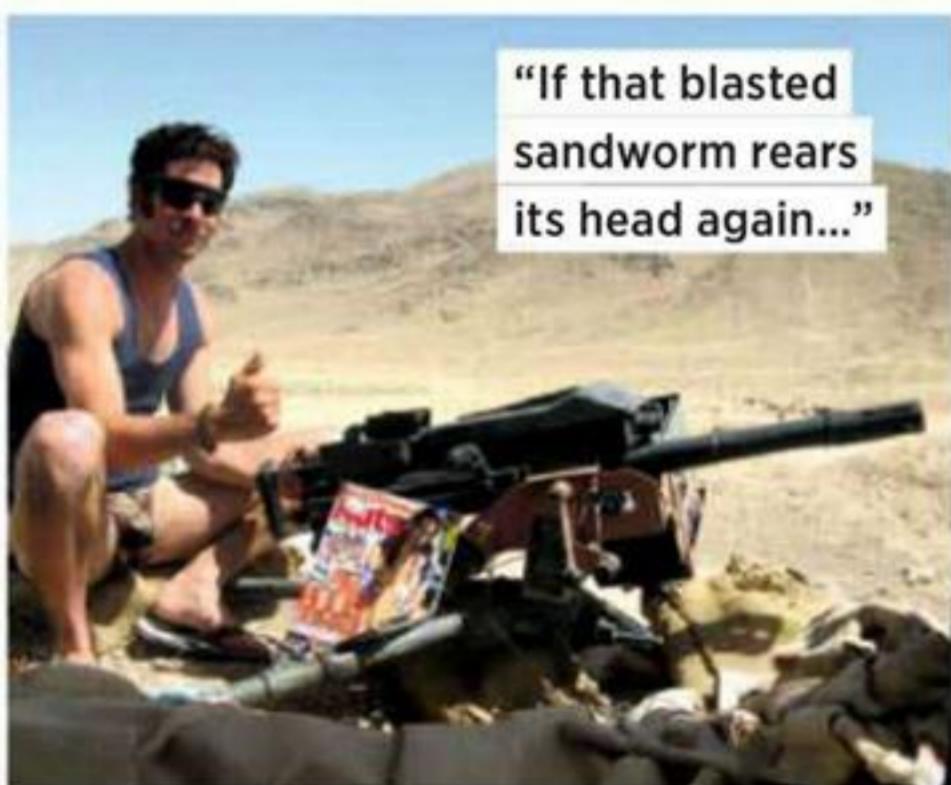


Aussie rules!

Dear Nuts,
Us Aussie grunts deployed in Afghanistan prefer *Nuts* magazine to the Aussie and Yank metropoof mags. Keep up the good work - we're always keeping an eye out for a new issue.

DIRK Afghanistan

We don't know what a "metropoof" mag is, but we're pretty sure it's not a compliment!



"If that blasted sandworm rears its head again..."

"My dog needs to go to AA!"
LUKE Birmingham

"This is my lorikeet, Fat Bird, tucking into a slice!"
CINDY Sydney

"Meet Rocky, my chihuahua!"
BEN via email

● Pimp your pet (not literally) and win £25! Email pics to nutsletters@ipcmedia.com*

Win Durex stuff!



Send your letters, hilarious spam pics and Camera Phone Cuties to: nutsletters@ipcmedia.com.

Cuties to: nutsletters@ipcmedia.com or post them to the address on page 72. The week's best letter* will win fantastic goody bags from our friends at Durex, containing a year's supply of Durex condoms, plus various items to keep both you and your missus happy. Visit www.durex.co.uk for more info.

● Text 'Nuts' and your sexy camera phone pic to 0771 388 8008*

"Hooray for full-length mirrors!"
ANTONIA Jarrow

"Lying down and lovely!"
LEEANN Lincoln

Your Jokes!

Bags and bags of cracking gags!



Q: Did you hear about the leaf-sweeper who won the EuroMillions?
A: He was raking it in!

DAN Basildon

Q: Why does Snoop Dogg carry a brolly?
A: Fo' drizzle

WC via email

A custard pie was thrown at Rupert Murdoch on live TV. Apparently, the clown prosecution service will be investigating

WESTY via email

I love watching videos of lakes and rivers on the internet. I'm viewing a live stream right now

CRISPIN via email



JOKE OF THE WEEK!

Drink talking

A BLOKE is walking into a pub when he hears a bowl of peanuts on the bar saying, "Ooh! You look amazing, you sexy thing!"

Puzzled, he approaches the bar, only to hear the fruit machine shout, "Rubbish! Look at how unstylish his hair is!"

The bemused drinker asks the barman, "Hey, what gives with this place?"

"I'm sorry," the barman replies, "the nuts are complimentary but the fruit machine's out of order!"

HARRY Lincoln



Premier gin

A HOTEL night porter is at his desk when he gets a call at 3am. The voice on the phone slurs, "What time does the bar open?"

"It opens at noon, sir," the porter informs him.

One hour later, the same bloke calls again sounding even drunker, and asks, "What... time... does... your bar... open?"

"Same time as before – noon!" the hotel worker replies, and hangs up.

Finally, the phone rings again at 6am and the severely plastered guest slurs, "When... hic... doesh... the... hic... bar... open?"

"Look, it's still noon!" snaps the porter. "But if you're that desperate for a drink, I can have one sent up to your room!"

"No, you don't... hic... understand," mumbles the drunkard. "I don't wanna get into the bar... hic... I need to get out!"

ANT via email



Thick thief

A DUMB criminal walks into a post office wielding a fake gun and says to the bloke behind the counter, "Hand over all your money now, otherwise you'll be geography!"

The baffled postal worker says, "Er, don't you mean history?"

"Don't change the subject!" comes the reply.

JAMES Nelson

Aussie fools

TWO AMERICAN tourists are being given a tour of Australia's Outback when their guide tells them about the skills some of the native Aborigines possess.

"The local population have a talent for being able to hunt animals and find people using only the landscape around them," informs the guide.

Later on, the pair find an Aborigine man who has his ear pressed to the road in front of them. They ask him what he's tracking.

The Aborigine replies, "About ten miles away is a red pick-up truck... with a bald tyre... a broken mirror... and nine blokes in the back drinking booze."

"Jeez! You can tell all that from the road?" asks an impressed Yank.

"Nah," begins the local, "I fell off the bugger about 20 minutes ago!"

MICHAEL Leigh



Win a PS3 and Sucker Punch!



This week's best joke* will win a PS3 console, to

celebrate the release of *Sucker Punch*, which is out on Blu-ray Triple Play and DVD from 8 August. All courtesy of Warner Home Video!

FAMOUS BLOKES' JOKES!



Jeff Leach

"I don't want to blow my own trumpet, but I'm the best sex I've ever had. So I guess I do wish I could blow my own trumpet!"

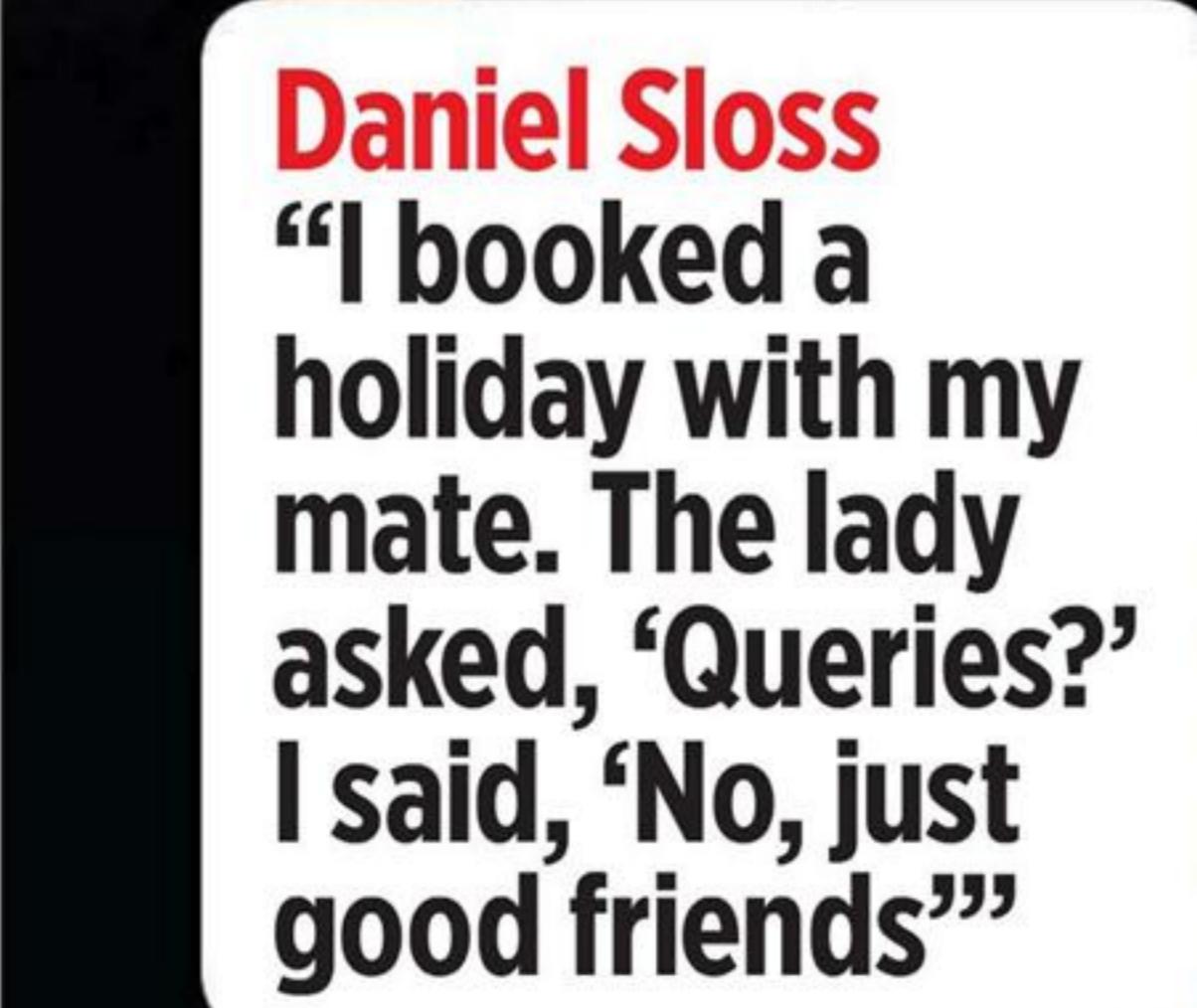
Jimmy Carr

"Victoria Beckham has had her baby. The doctors offered her gas and air but she said she wasn't that hungry"



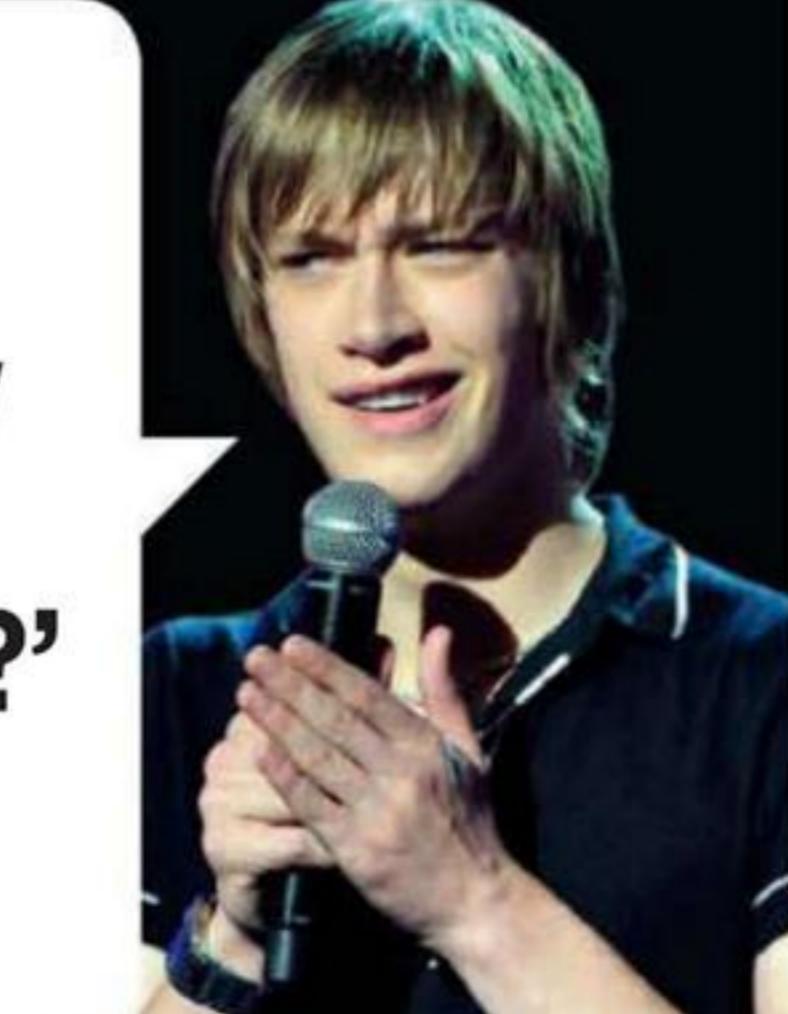
Jason Cook

"The owner of a failing yo-yo factory was found hanged yesterday. Apparently, he'd been up and down for quite some time"



Daniel Sloss

"I booked a holiday with my mate. The lady asked, 'Queries?' I said, 'No, just good friends'"



Lee Mack

"Daniel Radcliffe should be well prepared for his future after the *Harry Potter* series. He's done a levitating spell, he's done a transforming spell and now he can get to grips with his dry spell!"

Camera phone comedy!

Seen something daft? Snap it, send it in and win £100!



"We shrink-wrapped our mate's car on his last day!"
ANON via text

"Sorry, Co-op, but I think I'm getting the wrong end of this deal!"
CHRIS Southampton

1/2 price

mars pouch 135g
- 185g

155g
was £1.00
£1.05
57.7p/100g



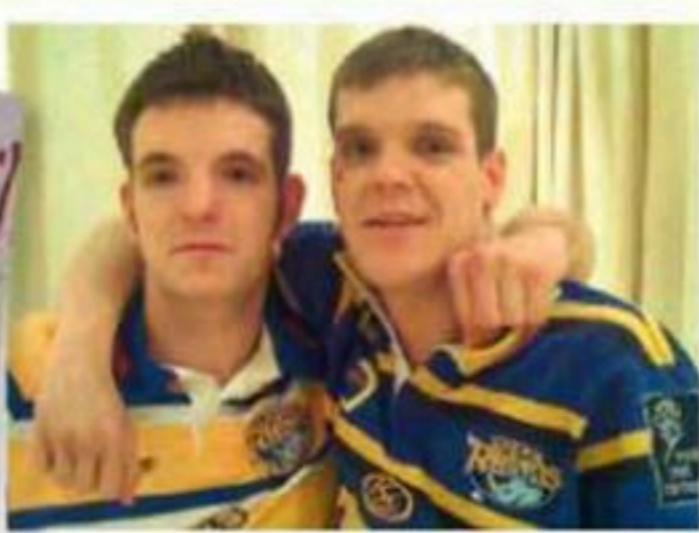
PIC OF THE WEEK!

"Hmm, I think we should try somewhere else!"
BOLTY Newport



"A bit of planking on my honeymoon in Cape Verde!"
PAUL Grantham

NAFF TATS CORNER



"People thought we wouldn't get these, so we did. On their own, they don't even make sense!"
KEVIN AND DAVID Leeds

"I saw this on Sky Text after Aberdeen drew at home. Do I do this every time they draw?"
STEVE Howley

oil Gers flag par
raises champs' sp
ounts cost of dra

three and easy for Steelme

Fir Park show delights McCa

Butcher shrugs off bad sta

Jack off as Aberdeen draw

Brown backs red card decisi

McInnes settles for a point

Lennon relishing new season



"Some military-precision planking!"
ANON via text



"This is a carrot I pulled up at home. I call it 'purple haze' because it looks like it's on drugs!"

JANE via text

Win £100!

Text 'Nuts' and your picture to **0771 388 8008** (texts are free but standard network charges apply*). Pic Of The Week wins £100 cash!** Terms & conditions on page 72.

twitter

Tweets of the week!

Our favourite tweets from the fit and famous!

100% real!

[Follow](#)

HEF TRIES PLANKING!

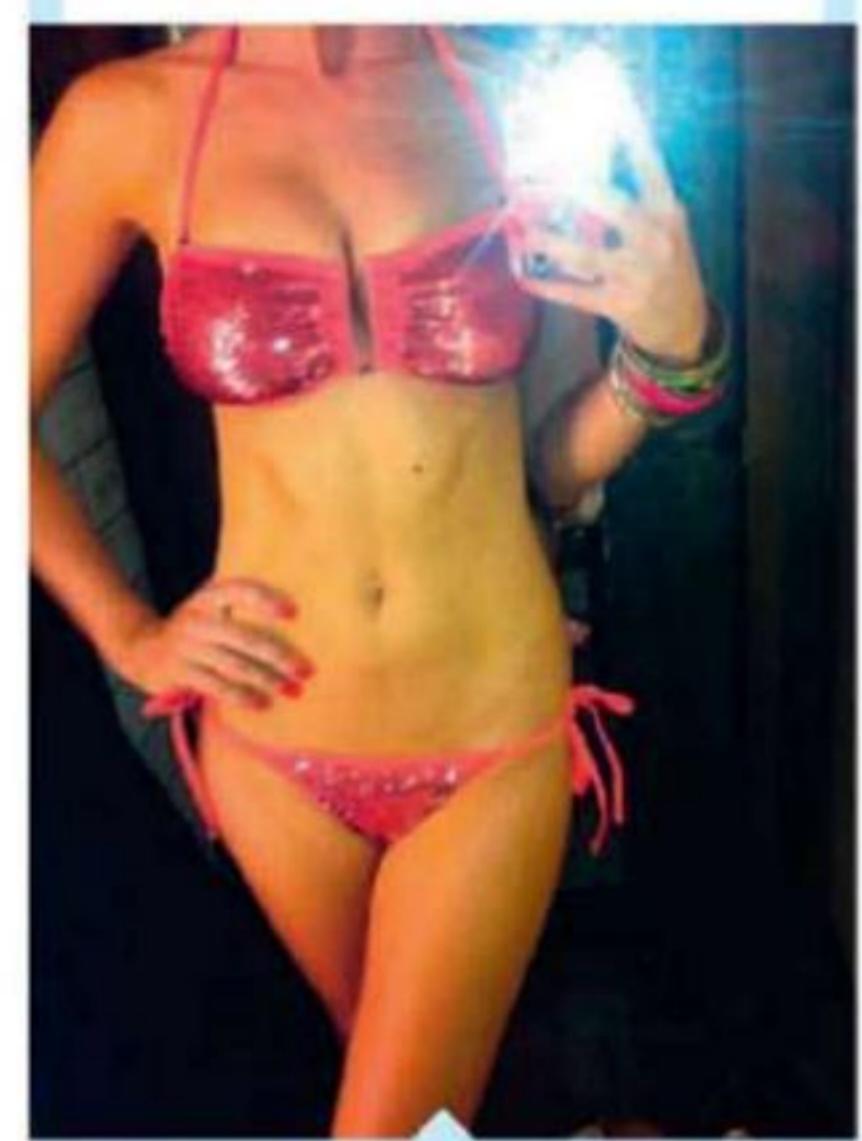
The Playboy boss gets in on the latest *Nuts* craze!



HUGH HEFNER [hughhefner](#)
Planking at the Mansion, RT
@AnnaSophiaB I got Hef to plank!

ROSIE'S NEW BIKINI!

Your top babe tries out for Camera Phone Cuties!



ROSIE JONES [rosieofthejones](#)
Just bought a new bikini for beeeeefaaa with my @MissEmmaGlover getting excited!!

IMOGEN'S BIG HAIR!

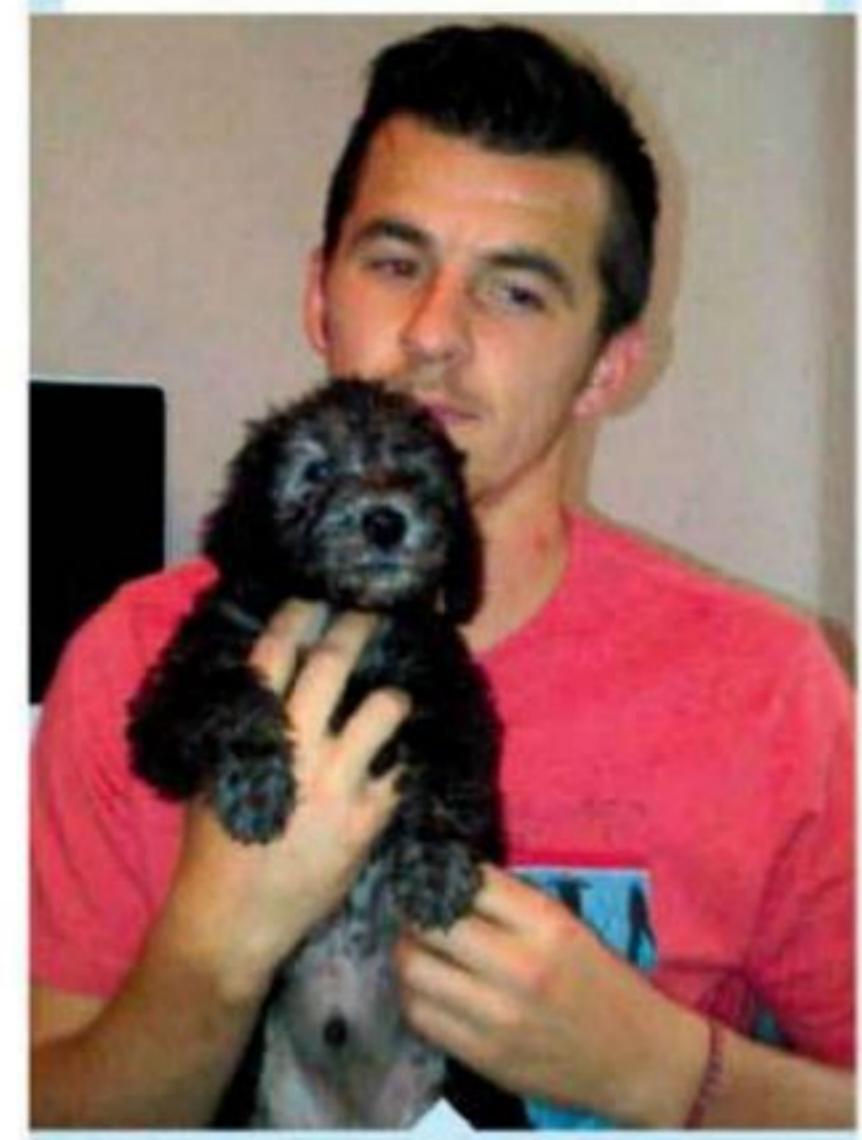
The Welsh lovely unveils her striking new hairdo!



IMOGEN THOMAS [imogen_thomas](#)
Bad head by shari rendle :-/ loving it
sooooo FFFFF cool :-)

JOEY AND FRIEND!

The footy hardman shows off his cool new pooch!



JOEY BARTON [joey7barton](#)
Can u call a dog Gary? Do u think he looks like a Gary? Missus is not having it, I think its funny

NEW TO
Nuts!

MELISSA DEBLING

Melissa Debling!

The blonde beauty with amazing boobies!







"I used to do pole dancing, which comes in handy at house parties!"



Hi Melissa! What's the last really wild thing you did? I went out dressed as a sexy pirate. I got a bit over-excited about the new *Pirates Of The Caribbean* film!

Why are pirates called pirates?
I don't know.

Because they aaaaare!
[Laughs] That'd be a good chat-up line if you were a real pirate!

What's your hidden talent?
Everyone always says I'm very flexible. I used to do pole dancing, which comes in handy at house parties!

What three things should every bloke do to make himself more attractive to women?
He should wash and smell nice, brush his teeth, as bad breath is rank, and use a strong aftershave. I'm a clean freak!

What's on your iPod right now?
I've been listening to Professor Green, Example and the new Arctic Monkeys stuff.

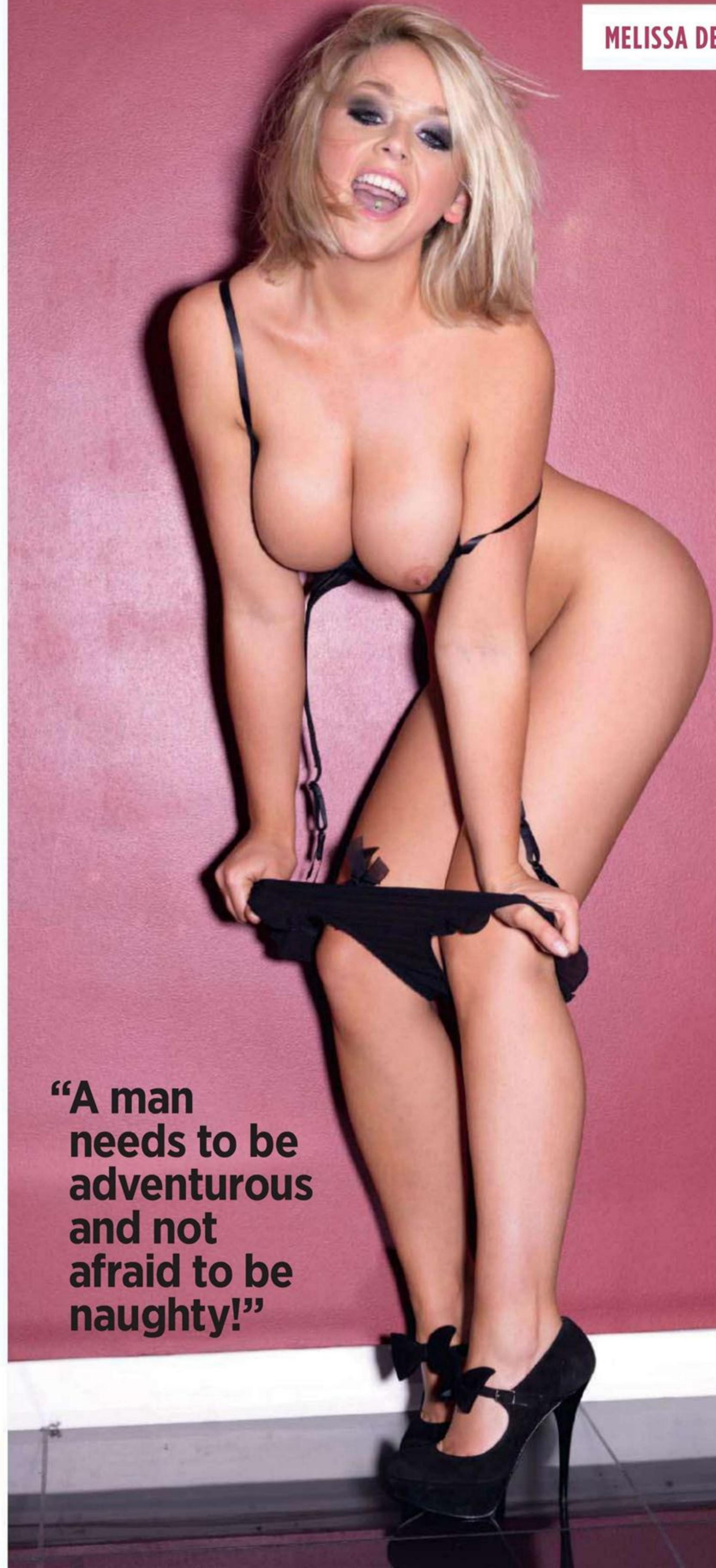
If we went on a night out with you, what could we expect?
A long one! Normally, I'll end up in some club until 5am and then go on some random adventure. On my last big night out, I ended up in a strip club!

How would you honestly describe yourself?
I'm very sociable and like to have a good gossip with my mates. But I also have a really dark sense of humour that blokes seem to really like.

What kind of chap totally floats your boat?
It's really important that my man can make me laugh. Apart from that, I'm not really fussy.

What can a guy do to impress you in the bedroom?
He needs to be adventurous and not afraid to try new or naughty things. Girls like experimenting, so listen to this good advice!

“A man needs to be adventurous and not afraid to be naughty!”



Feature:

Keith Lemon

Vs the Nuts Question Bucket!

NEW TO
NUTS!

Sell:

Mr Celebrity Juice talks Fearne Cotton, nail varnish and snails!

Copy:

→ THE RULES are simple. We fill our bucket full of ridiculous questions, then a celebrity picks them out at random and must answer whatever they get!

What's the last lie you told to someone's face?

I said to Fearne Cotton, "You look really pretty," just because I felt I'd given her such a hard time. People go, "Why do you give Fearne such a hard time?" 'Cos it's funny!

Which war's your favourite?

Star Wars!

Do you reckon you could chop down a tree?

I don't think I could be arsed. It looks a lot of hard work, dunnit? I'd use a chainsaw – I've had a go with a plastic one dressed as Eminem. It made noise but it didn't go round or anything. F**k chopping trees down. Just go and buy some wood!

When was the last time you did something really girly?

This morning. I had Special K for breakfast. I always feel a bit homosexual when I'm having Special K.

If you were sitting on a beach and looked up to see a shark running across the water at you on its fins, what would you do?

I'd phone up Adidas and say, "I've got a great idea for an ad with a shark. Get some trainers on its fins." I remember after I saw *Jaws* as a kid, I'd sh*t myself getting in t'bath.

Have you ever accidentally spat on a girl while trying to chat her up?

If I do spit on people, I'm one of those who goes, "Oops, sorry! I've spat on yer." Some girls are into that. When you're making love to them: "Spit on me!" OK, if you want. [Mimes spitting] I like it when they spit on your d*ck!

Ever got so angry, you've hit an inanimate object?

Yeah, loads of times. I've learnt to control it now. I remember when I bought a bed. I couldn't find my keys, so I kicked that. I was p*ssed off.

When was the last time you pooed yourself?

Reading Festival. Can't remember what year. Normally, when I eat something I'll go for a sh*t straightaway but because I was p*ssed, I farted and sh*t meself! I threw me pants in a bush. I wasn't on telly then, so nobody knew who I was. I went to the Portaloos and got my arse out in the sink.

Ever worn nail varnish?

I've got it on now! I bust me finger putting a trampoline together. See that one? [Proffers finger] It's black. When I did *This Morning* on Monday, I said to t'make-up artist, "Got any flesh-coloured nail

varnish? I keep seeing it and thinking I've got sh*t on me finger!" Is it pikey to keep it on for ages?

Can you lend us a tenner?

No. Got no money on me.

Why are frogs so weird?

I'm terrified of frogs. When I was a kid, I lifted up a grate – a frog looked up at me and licked my face. I screamed so loudly, my mam thought I'd been run over!

Have you ever trapped one of your nuts in your zipper?

No, but I've been circumcised. I'll never have that done again. It f**king hurts, man.

Ever been propositioned by a friend's mum?

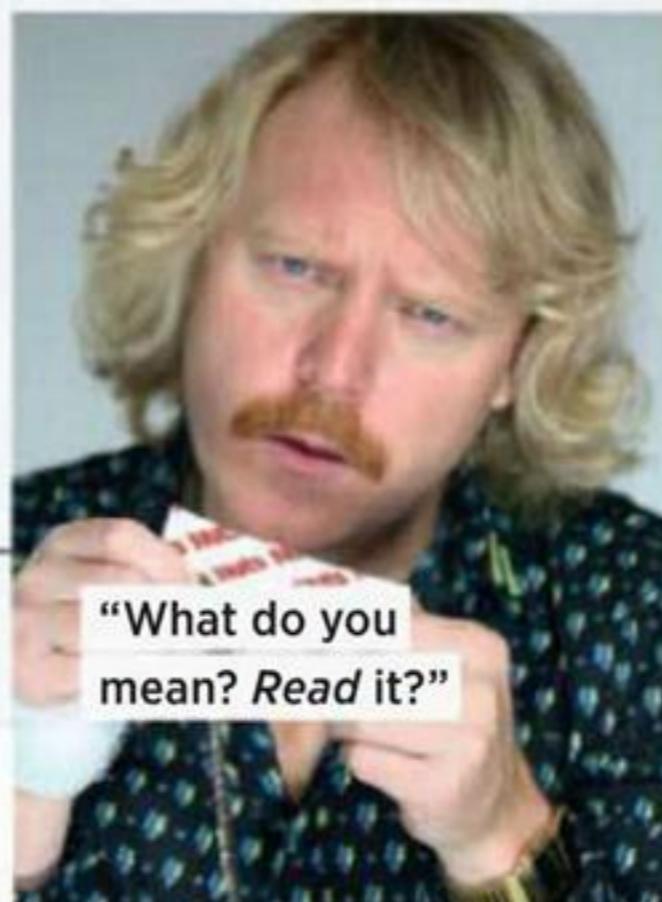
All me friends' mums fancy me since I've been on telly. People come up to me and go, "My mum fancies you." "Yeah, I know. They all do!"

Are snails essentially evil?

Yeah, devil's creatures! They're just f**king slugs with little helmets on!



● *Celebrity Juice* returns to ITV2 on 5 September





"Are these people all well stupid or what?"

BANG TIDY!

"Uh-oh!
Potential
follow-through!"

"This says,
'Fearne is
pretty!' Hahaha!"

**"All me friends'
mums fancy me
since I've been on
telly. They all do!"**

"Oooh! I say,
Matron! Not on
yer nelly!"



SILLY BEACH SNAPS

Oh, we do love to be beside the seaside. Clearly not as much as this lot!

READY TO BURST!

The big question is if this gentleman is standing up or sitting down. Either way, those women are terrified!

WIDE LOAD!

HE SHOOTS, HE SCORES!

We can only assume that a few seconds after this photo was taken, this amusing chap was once again single.

BRACE YOURSELF, GIRLS!

Hey mate, those ladies who just walked past you were too nervous to talk to you. Why not go make their day?

WHEN GULLS ATTACK!

This is what happens when you decide to stash your tuna sandwiches under your cap at the beach.

SILLY BEACH SNAPS!

MACHINE GUNS!

SUB-STANDARD!

Nothing puts a dampener on your day at the beach like the very real possibility you might get torpedoed!

TERROR ALERT!

Well, it's a decisive way of making sure that other people stay out of your sun. Or your line of fire!

MAKING A SPLASH

Don't worry, it's only made of sand but we're guessing this is why that big chap's fold-up chair got stuck.

PURE POSERS!

Here's proof that for every lady who wants a nice seaside snap, there's a total berk ready to ruin it.

BEACHY HEAD!

Imagine the prep that must have gone into this snap. Then marvel at how some people are such utter nerds!

HEADLESS!

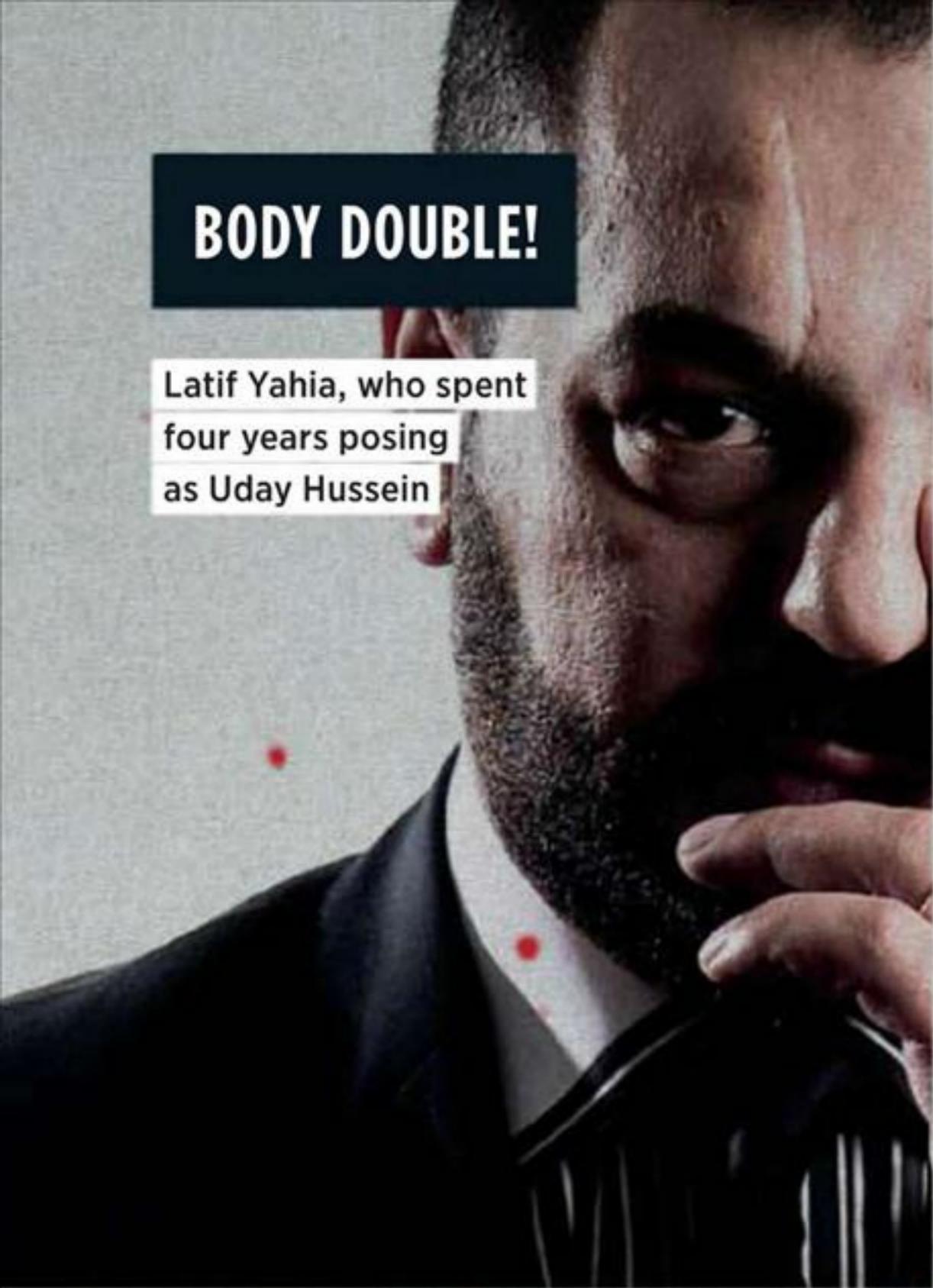
BEACH BUMS!

HANDS ON!

Something tells us this is as close to any kind of woman that this bloke is ever going to get. 

BODY DOUBLE!

Latif Yahia, who spent four years posing as Uday Hussein



The madness of Uday Hussein

- As head of Iraq's Olympic Committee, Uday imprisoned and tortured players in the national football team if they lost.
- When US troops stormed Uday's palace in 2003, they found a personal zoo belonging to him that contained lions and cheetahs.
- Uday owned a race horse called **Assad**, meaning "lion", that he only fed ice cream.
- Uday had a paint shop behind his palace garage and had his cars re-sprayed every day to match the colour of his suit.
- Uday murdered Saddam's official food taster at a party in Baghdad in 1988 by beating him with a cane, then stabbing him with an electric carving knife.



LATIF'S MOVIE!

Dominic Cooper plays Latif Yahia in the new film of his book, *The Devil's Double*.



‘I survived kidnap, torture and 11 assassination attempts’

For four years, Latif Yahia was the body double for then Iraqi President Saddam Hussein’s psychotic gangster son, Uday.

Fortunate to still be alive, this is his chilling story...

When did you first meet Uday?

I was 16 and Uday was in my class at school. I hated him. He was the President’s (Saddam Hussein) son, so didn’t do any work – he got his security people to do it for him. He was always shouting in class, chatting up girls, bringing them to lessons and parking his Porsche in the basketball court to prove he was above the rules. One teacher told him he couldn’t take his girlfriends to class and was never seen again.

How did you end up becoming his body double?

I was doing national service in the Iraqi army in 1987 when I got a letter telling me to report to Uday’s headquarters. I was very nervous because if you ignored such a letter, you’d be killed. So I went to see Uday and he told me he wanted me to be his body double. I refused and was thrown in a one-square-metre cell. The walls were bright red and I was beaten up, hooded and subjected to sleep and food deprivation for maybe a week. I was told if I didn’t work for Uday, my family would be given the same treatment – or worse.

What sort of man was Uday at this point?

Words like “psychotic”, “insane” and “mad” just don’t describe him. He was nice to me for the first week or so, when I enjoyed the luxury of living in his palace. Then everything changed.

Tell us about the plastic surgery you had to have.

German surgeons immediately gave me a new chin and teeth. When I first saw my new face, I felt terrible – it wasn’t me. Uday wanted me to be him in every respect. He had members of his team teach me how to behave exactly like him, even to the point where I had to have a tantrum like him. I keep the false teeth from my time with Uday in a box in my house.

What was life at the palace actually like?

It was a daily diet of rape and violence. Uday never had the same mood for more than an hour. He’d be

calm, then have incredible rages. He’d abduct girls and rape them. He tortured whomever he pleased. He had legions of pimps working for him, who’d get him guns, cocaine, girls, cars – whatever he wanted. He enjoyed inflicting pain. It was madness.

Did he ever try to kill you?

Once. He shot me in the shoulder after I refused to kill the father of a beauty-contest winner on his orders. Uday had had his way with her, then she was killed. The father complained.

Did anyone try to kill you, thinking you were Uday?

There were 11 attempts on my life. The worst was in Basra, when three hand grenades were thrown into the car I was travelling in. Everyone else died but somehow I survived. It was four years of hell.

Did you ever see Saddam?

Many times. I was told never to do anything before he did – never try to shake hands, never sit down. When he first saw me, he said, “Allah gave me two sons. Now I have three.”

How did you eventually get away?

Friends smuggled me to a CIA base in Northern Iraq. From there, they took me to Austria and freedom.

How did you feel when Uday was killed in 2003?

I was very angry indeed. I didn’t want him to die. I wanted him to face trial and have to pay for what he did to me and millions of others.



• *The Devil's Double* is in cinemas now.



Jessica-Jane Clement!

TV's hottest lady in a serious state of undress!



**JJC ON
THE REAL
HUSTLE!**

The sexy face
of BBC Three's
scam show.



JESSICA-JANE CLEMENT



JESSICA-JANE CLEMENT

**"I always feel
sexy when
someone
calls me Miss
Clement!"**



RARELY DO we single out one particular city for some *Nuts* praise, but we feel it's about time we "bigged up" Sheffield. Over the years, it's given us Sean Bean, Arctic Monkeys and a couple of decent footy teams – but we think its crowning glory is a certain Jessica-Jane Clement. There's really no point in us saying any more than that, is there? Just look at her!

Hi JJC! What's new with you?

I'm pleased to announce that I have a new puppy. He's called Pants, so I now have Knickers – my other puppy – and Pants! I've also started a new show for BBC Three. I can't say much about it but I'm very excited. Then there's season ten of *The Real Hustle*, so lots going on!

What's the freakiest thing that's ever happened to you?

It was in Thailand. I went to text my friend to let him know I was on the beach but I accidentally pressed some random wrong number. The number I texted belonged to my friend's cousin, who lives in Australia! How weird is that?

That's spooky! What really winds you up?

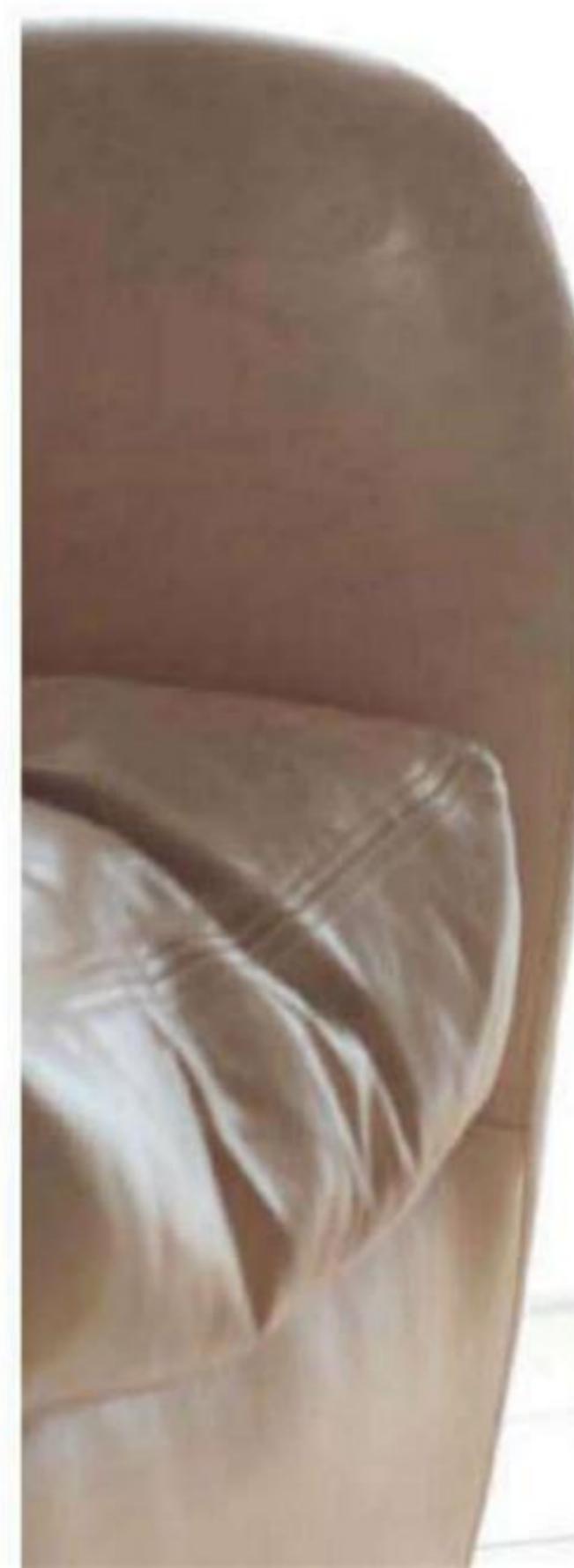
When I yawn and a bloke sticks his finger in my mouth, I snap! My jaw is stiff and sometimes locks, so I have to be really careful. Yawning can be pretty painful for me!

What else really annoys you about blokes?

They're always annoying! I hate it when blokes say, "Is it that time of the month?" It's like men don't think girls can get angry because of something stupid that they did.

Have you ever been stood up?

No. I don't think it's possible to be stood up these days, is it? You can see where the person is on Facebook or Twitter! I can just imagine being stood up, then seeing the Tweet, "Just stood a girl up. LOL!" ▶





**“I broke up
with a guy
because
he didn’t
pay for my
ice lolly!”**

Have you ever been mistaken for somebody else?

I tend to wear a lot of black, so when I go shopping I can sometimes get mistaken for a shop assistant. Girls come up to me and say, "Do you have this in a size 12?" One girl was really obnoxious and showing off to her mates – she clicked her fingers at me! Eventually, the manager came over and told her to leave because she was annoying other customers.

What's funnier: a dog in a tuxedo or a cat in a hat?

A cat in a hat isn't that funny, it just rhymes! To me, any animal in a human outfit just looks like a person who's suddenly turned into an animal. I like those costumes where the legs go on the dog's front paws and little fake arms come out of the side. They really do look like little shrunken people then!

What's your tipple of choice?

I have a few for different occasions. Wine is for when I'm meeting friends for a bit of a gossip. I like vodka and Diet Coke on a proper night out. Beer is for a warm summer's day and Long Island Iced Teas are for going mental!

Would you say you're an expensive date then?

I don't expect champagne or anything like that. I do think it's nice when a bloke pays for dinner, though. It makes you feel special and looked-after. I once broke up with a guy because he didn't pay for my ice lolly when he was buying his own! I know that sounds a bit shallow but I think it was a sign of things to come.

We're ordering a takeaway – what do you fancy?

I like balls! Crispy sweet and sour chicken balls with white rice, to be precise. Oh, and lots of prawn crackers, please. I live two minutes away from Chinatown in London and I've eaten in just about every Chinese restaurant. I'm an expert on their crispy balls! ▶

JESSICA-JANE CLEMENT

When was the last time you did something really embarrassing?

I live above a popular hotel and there are always paparazzi and autograph hunters outside. I was on my way to meet a friend for a coffee when two men approached me with literally hundreds of photos of me to sign. I said I would but I tripped over the pavement and all the photos went flying! It was quite beautiful actually – the photos completely separated and it looked like it was raining pictures of me!

That sounds like our kind of rain! If we gave you one wish, what would you do with it?

I'd have bigger boobs, for sure. I'd want a magic button where I could turn them up and down until I settled on my ideal size. I really like big boobs – the bigger the better, I say!

What was the last practical joke you played?

I once bought a fake poo from a market and put it on my friend's laptop. He doesn't get my sense of humour but I thought it was hilarious!

If you had to kiss one ugly man, who would it be and why?

I quite like rugged, bearded, scruffy men. Ugly to me is a man who's orange, plucked, shaved, waxed, buffed, shiny, whiny, gelled, greasy and vain. So I'd probably pick one of the *Geordie Shore* boys. I'm sure they're nice blokes. I'd feed them macaroni cheese and hide their wax strips!

Thanks for the chat, JJC!

Finally, what's the sexiest thing that's ever happened to you?

Well, I always feel really sexy when someone calls me "Miss Clement". It just makes me feel really special and classy. I think calling someone by their second name is guaranteed to make them smile. So from now on, I'm Miss Clement to you! 

● See Jessica-Jane in *The Real Hustle* – back first week in September on BBC Three





**"I really like
big boobs –
the bigger
the better,
I say!"**

Nuts STUFF

The essential guide to this week's best TV, movies, games, fashion, music and tech!

Cheryl had reacted badly to being replaced

Nuts TV

TV built for blokes!

IT'S THE X FACTOR!
SATURDAY • ITV1, 8pm
Earplugs at the ready, it's the audition stage!

Friday 19th August



8 Out Of 10 Cats

CHANNEL 4 • 9pm

Expect plenty of willy jokes as *Embarrassing Bodies* gawker Dr Christian Jessen joins lovely Kimberley Walsh and Josh Widdicombe – no relation to Ann – on the quick-fire panel show. We doubt Jimmy Carr will ask Dr Jessen to provide a medical reason for his massive face, but here's hoping!



Chris Moyles' Quiz Night

CHANNEL 4 • 9.35pm

The rotund Radio 1 DJ hosts another instalment of comic quizzery with Keith Lemon, Christine Bleakley and the Hasselhoffs among the guests. At this point, it would be remiss of us not to point out that the Hasselhoff daughters are rather easy on the eye!

★★★

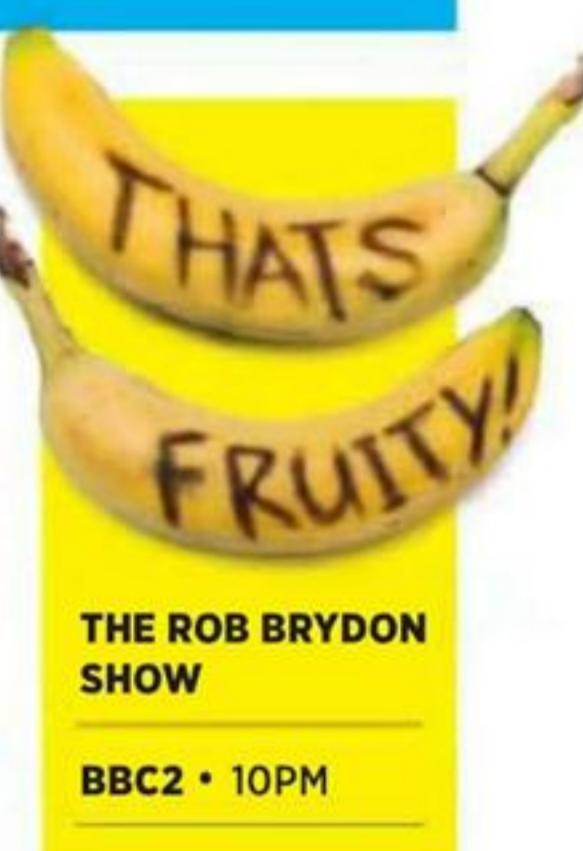


Dexter

FX/HD • 10pm

Lumen and Dexter visit Emily – the girl whose blood hangs around Jordan Chase's neck. Events soon begin to take a peculiar twist when it turns out that even though Emily was one of Chase's victims, she now acts as his closest ally. On a less sinister note, Dex and Lumen finally get around to doing the sex. Woo-hoo!

★★★★★



THE ROB BRYDON SHOW

BBC2 • 10PM

Rob's standards slip tonight as he chats with Dame Edna Everage (should be Average) before a duet with posh popster Will Young, who oddly resembles the Crazy Frog.



Saturday 20th August



Arsenal vs Liverpool

SKY SPORTS 2/HD • 12.00pm

The season has hardly started and we're already being served up with potential classics. This could well be another belter, as a resurgent Liverpool side head to the Emirates to face an Arsenal team seemingly full of players who want to go elsewhere!

★★★★★



The X Factor

ITV1 • 8pm

TV's biggest talent contest is back for a new season, with a brand-spanking-new panel of judges! Well, Louis Walsh is still mincing around but this time, he's joined by Kelly Rowland (see page 23), professional "nice fella" Gary Barlow and Tulisa from N-Dubz. Our money says she's the mouthy one. Let the wailing begin!

★★★★★



John Bishop's Britain

BBC1 • 9.45pm

The chirpy Scouse funnyman continues his sideways take on the British Isles with a look at the nation's obsession with pets. Watch out for *Masterchef* bloke Gregg Wallace's story of how his whippet urinated on his wife's wedding dress. Lovely!

★★★★★



Kick back for some incredible wildlife action featuring some of the world's most amazing creatures. Watching an angry croc scrap with a wildebeest is a real highlight!



Sunday 21st August



Ocean Giants

BBC1 • 9pm

Whales and dolphins always seem smarter than your average animal, what with their ability to communicate and sing like we humans do. In this ace-looking documentary, Stephen Fry narrates a fascinating in-depth look into the unique habits of these ocean-dwelling smartypants. They're like people!

★★★★★



Dragons' Den

BBC2 • 8pm

Another collection of new business wannabes – including a Mexican chef and a hairdresser with a "cure" for thinning hair – go cap in hand to the Dragons in search of some dosh. It's doubtful their egos will remain as inflated as new Dragon Hilary Devy's shoulder pads. She'll have someone's eye out if she's not careful!

★★★★★

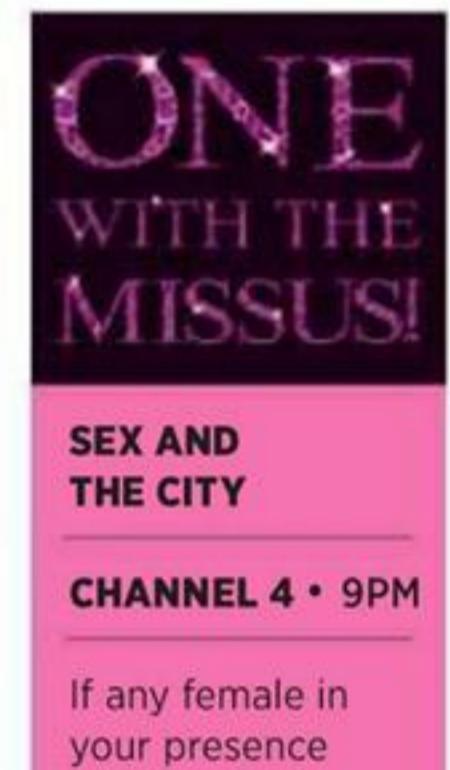


Strike Back: Project Dawn

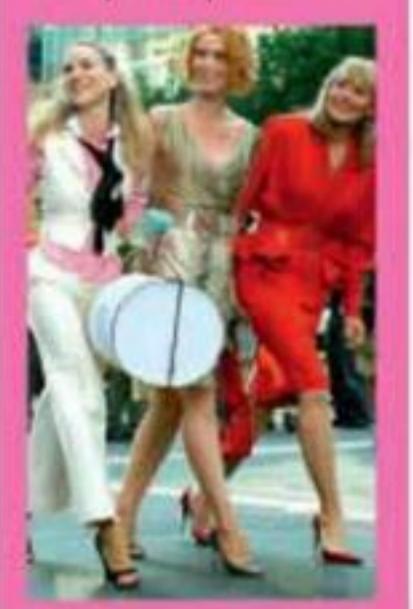
SKY1/HD • 9pm

Series two of the Brit-based action drama resumes in typical fashion: regular nudity, brutal fighting and terrorism. Kicking off in proper *Call Of Duty* style, tonight's episode sees John Porter kidnapped, with only two men able to save him from death!

★★★★★



If any female in your presence even suggests flicking over to watch this horse-faced, oestrogen-soaked "comedy romp", you'd do well to start running right now. Run, man, run!



Monday 22nd August



Man United vs Spurs

SKY SPORTS 1/HD • 7pm

United face their first real test of the new Premier League season, as they pit their new-look midfield against a Spurs side containing want-away Croatian Luka Modric. The London club will need him on form – they haven't won this tie since 1989!

★★★



Tron Legacy

SKY MOVIES PREMIERE/HD • 8pm

Hugely hyped upon its release, this sci-fi flick follows the son of a wealthy computer whizz, who must zap himself into a digital domain to rescue his missing dad. This effects-driven film is a visual treat (especially as it stars Olivia Wilde) and there's a killer soundtrack from Daft Punk. The story is a bit weak, but you can't have it all!

★★★



Shooting Stars

BBC2 • 10pm

More madness from Vic and Bob with another edition of their spectacularly random quiz show. In for a ribbing tonight are sports-mad presenter Gabby Logan and England cricketer James Anderson. Plus, there's guaranteed weirdness and laughs aplenty from carrier-bag-carrying oddball Angelos Epithemiou.

★★★



CO-OPERATIVE CAMBRIDGE FOLK FESTIVAL 2011

SKY ARTS • 10PM

Folk-festival dross with the likes of shanty singers Fisherman's Friends. THEY PARTY HARD!



Tuesday 23rd August

• New issue on sale today!



CSI: Miami

CHANNEL 5 • 9pm

This week's grisly death takes place at the launch of a *Hills*-esque reality telly show, when one of the stars appears to be shot by a gun-toting member of the audience. Channel 5 will be hoping nobody watching gets any big ideas, now they've got *Big Brother* back on the air again!

★★★



Falling Skies

FX/HD • 9pm

The surviving military are preparing for an assault on one of the alien bases, but there's dissent in the ranks over the quality of their leadership. Meanwhile, the survivors are starting to wonder if one of the females who managed to live through the invasion is everything she seems.

★★★



Wilfred

BBC3 • 10.30pm

From one of the brains behind *Family Guy* comes *Wilfred*, an ace comedy in which Elijah Wood sees his neighbour's dog as an Australian stoner! In this episode, Ryan and his neighbour, Spencer (along with their canine/human companion Wilfred), hit up a strip bar. Odd but very funny!

★★★



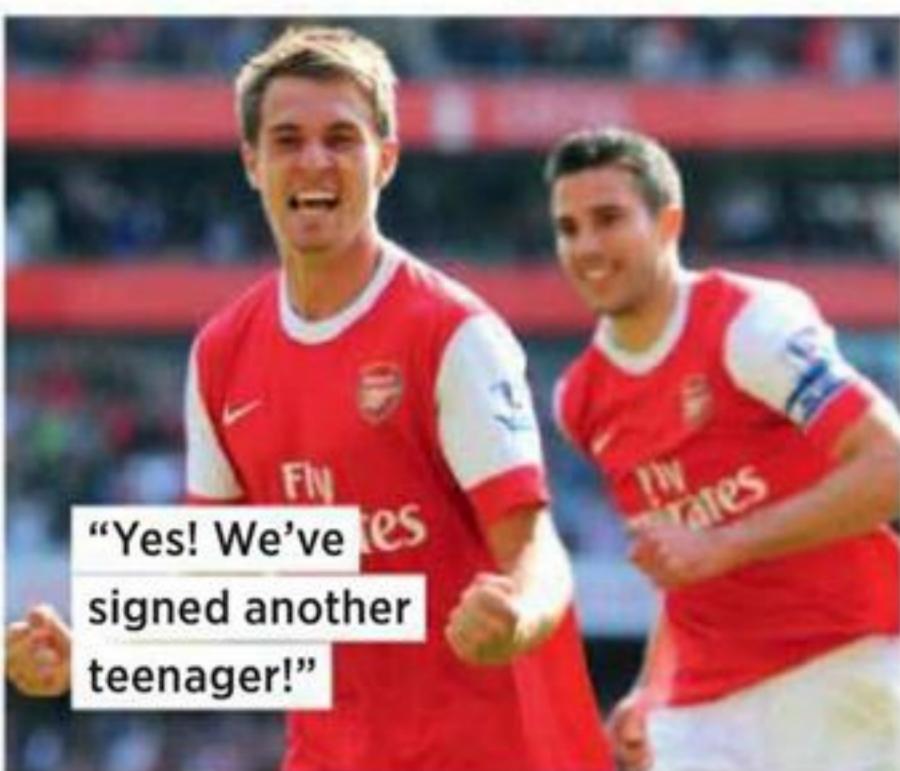
BATMAN RETURNS

ITV2 • 10.45PM

Whoops – Batman's eyes are black, then they're not. Doh!



Wednesday 24th August

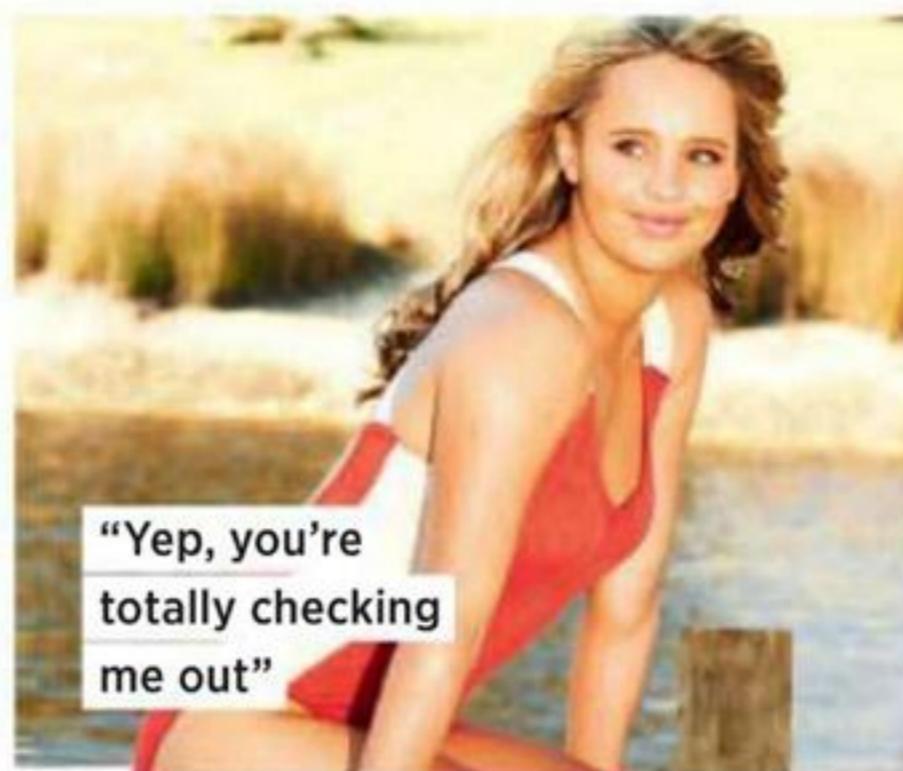


Udinese vs Arsenal

ITV1 • 7.30pm

The big games keep coming for Arsenal, with the Gunners hoping to secure Champions League qualification in Italy tonight. If they didn't get the job done at the Emirates last week, Wenger's men could be in for a tense evening.

★★★★★



Beaver Falls

E4 • 9pm

This gentle but pleasing Brit/Yank teen comedy continues to deliver, with plenty of fine ladies on display and a steady flow of hilarious situations to keep you chuckling. This week, Pam's indiscretions push Bobby over the edge big-style, which has a knock-on effect for our Brit heroes and their chubby American campers.

★★★★



Sons Of Anarchy

5USA • 10pm

Nasty, rubber-faced Agent Stahl is more bent than your average Fifa Chairman, as proven tonight when she shafts her colleague and lover by putting him in the frame for Edmonds' death. Given the number of people she's screwed over, surely Stahl's time is coming to an end? In cuddlier news, Jax's missus is up the duff. Awww.

★★★★★



EXTRAORDINARY
PEOPLE: LOSING
ONE OF MY
GIANT LEGS

CHANNEL 5
• 9PM

Meet Mandy: her legs have never stopped growing since birth, and she's had to have one of them amputated. Harsh.



Thursday 25th August



The Big Bang Theory

E4 • 9pm

Sheldon is facing a night on the floor when Priya throws him out of the apartment, but help is at hand when the girls decide to take him for a big night out. Warning – this program may contain flashing lights and some seriously bad dad-dancing!

★★★★



The Killing

CHANNEL 4 • 9pm

The net begins to close, as Sarah and Holder place an illegal wiretap on Bennet's phone. Meanwhile, Bennet's wife begins to question her husband's innocence. Blimey, Bennet, if your own missus doesn't trust you, what hope have you got? It's funny we should ask because by the end of this one, there's not much hope left.

★★★★

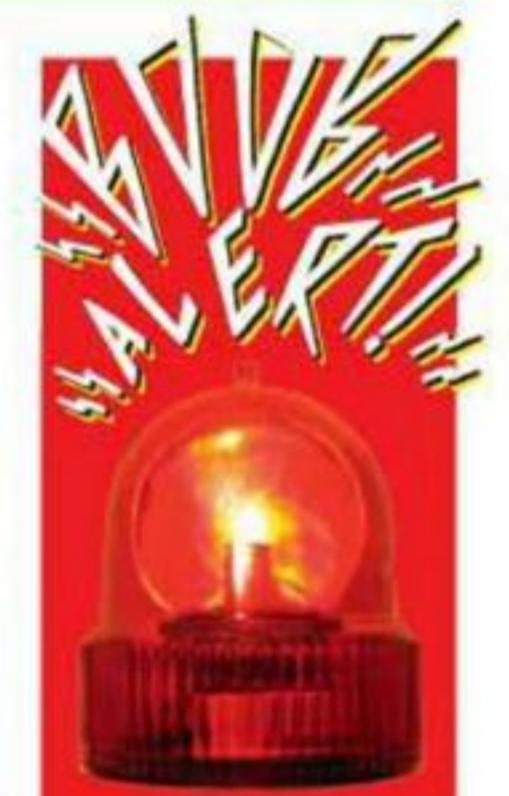


Lee Nelson's Well Good Show

BBC3 • 10.30pm

Series two of Lee Nelson's hugely-popular show kicks off. Endearingly simple "chav" Lee tends towards the comedy Marmite, but fans will doff a celebratory baseball cap and it's a good entry point for those who want to stick a toe in this mirthful water.

★★★★



HOT TUB
TIME MACHINE

SKY MOVIES
COMEDY • 10PM

This cracking comedy boasts a superb set of boobies thanks to Jessica Paré. Ace!



Nuts REVIEWS

MOVIES

DVD & BLU-RAY



Check out our interview with Jay on page 9

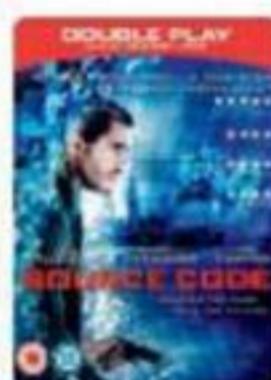


THE INBETWEENERS

17 Aug • 15

Get ready for "two weeks of sun, sea, booze, minge, fanny and sex!" as the blokes from our favourite sitcom go on holiday to Malia. Expect

loads of one-liners from Jay – "While you two decide who gets first go on each other's c*cks, I'm getting out there. The gash isn't going to f**k itself!" – and slapstick gags galore. ★★★★



SOURCE CODE

DVD & Blu-ray • 12

Jake Gyllenhaal gets stuck in a time loop as he tries to stop a terrorist attack in this ace, futuristic mind bender from the director of sci-fi

hit *Moon*. Think *Groundhog Day* meets *The Bourne Identity*. On a train. With lots of explosions thrown in for good measure. Rest assured, the plot will tie your noggin in knots! ★★★★



COWBOYS & ALIENS

17 Aug • 12A

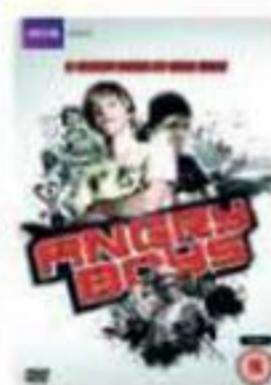
Daniel Craig and Harrison Ford get their fight on with some scary alien invaders. Fun sci-fi/western mash-up. ★★★



THE GUARD

19 Aug • 15

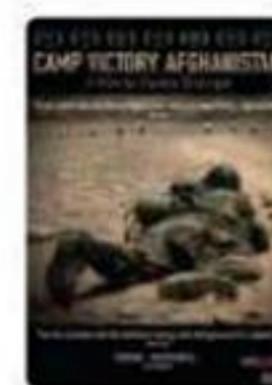
A little buddy-cop gem, with Irish plod Brendan Gleeson and FBI dude Don Cheadle teaming up to chase a cartel of smugglers. ★★★★



ANGRY BOYS

DVD • 15

Comedian Chris Lilley's BBC Three mockumentary, set in a young offenders' unit in Australia. Bizarre but very funny. ★★★



CAMP VICTORY, AFGHANISTAN

DVD • 15

Compelling war doc that uses 300 hours of gritty footage to explore the NATO training of the Afghani National Army. ★★★★

MUSIC



VARIOUS ARTISTS BEACH CLUBBING

You may have noticed it getting warm recently, so say "Yay!" for summery fare from the likes of Bob Sinclar. Hot stuff! ★★★★



NERO WELCOME REALITY

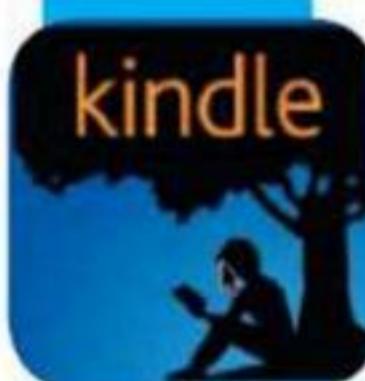
Anything vaguely to do with Chase & Status is bound to have the whiff of quality, and this release from their label doesn't disappoint. ★★★★



VARIOUS ARTISTS HARD TO FIND

Long-lost remixes of classics from the likes of A Tribe Called Quest and Stereo MCs, collected here for your pleasure! ★★★★

APPS



AMAZON KINDLE

iOS & Android

Simply download this free app to access hundreds of thousands of books you can read on your smartphone. ★★★★★

GAMES



DREAM TRACK NATION

iOS

For 69p, you get an incredible breadth of stuff in this nifty drive and stunt-'em-up: 60 levels of tracks to race, a cool create-

your-own-track option, WiFi multiplay and a host of hi-score medals to nab. The toony look stands out as idiosyncratic and pleasing to the eye. All in all, this is a finely crafted time-gobbler, available at a wallet-friendly price. ★★★



OMG-Z

PlayStation Network

A zombie shooter with a difference – the zombies explode! Puzzle-based fun, with whole screens of combustible brain eaters to destroy! ★★★



ZOMBIE GUNSHIP

iOS

More zombie killing! This one is like that gunship level on *Modern Warfare*, only now you're taking out zombies in infrared cool-o-vision. ★★★



DISCOVR

iOS & Android

A great way of finding new apps. Simply type in the name of a current favourite to produce a visual guide linking you to similar apps. ★★★



ALL GONE PETE TONG

iOS & Android

A quality free app from DJ Pete Tong that accesses your music library to construct a Tong-worthy compilation. ★★★

10PM
THURSDAYS

THE HARD TIMES OF RJ BERGER

IT'S BACK AND IT'S BIGGER THAN EVER

MTV.CO.UK/HARDTIMES

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CASIO G-SHOCK

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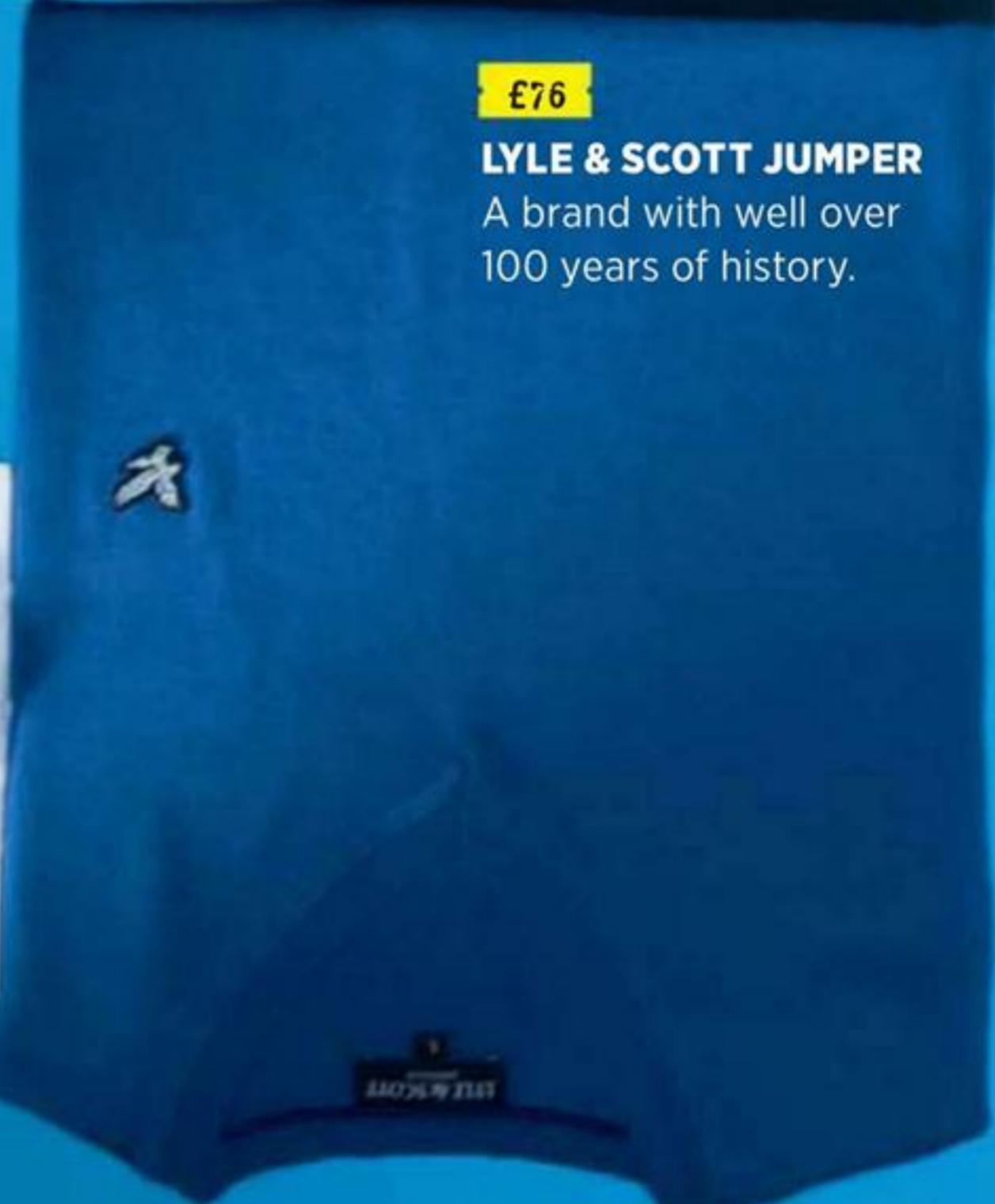


£16

CALVIN KLEIN

LOW-RISE TRUNK

Bin the Y-fronts and get a pair of these instead.



£52

FRED PERRY POLO

The ultimate in polo shirts. This is the updated slim fit.

£38

CONVERSE ALL STARS

It's hard to believe this classic was first thought of as a sports shoe.



£42

BEN SHERMAN SHIRT

The cut has been updated over the years, but it's still timeless.



£100

NIKE AIR FORCE 1

Nike's bestseller. This slate-grey version is the latest model.



£50

ADIDAS FIREBIRD

Such a sporting classic, we had to include it.



£75

LEVI'S 501

The 501 is the most famous style of jeans ever made.



STOCKISTS: BARACUTA, CASIO: WWW.STAND-OUT.NET, FRED PERRY, BEN SHERMAN: WWW.ASOS.COM, CALVIN KLEIN, LYLE & SCOTT: WWW.HOUSEOFFRASER.CO.UK, ADIDAS: WWW.ADIDAS.COM, LEVIS: WWW.LEVIS.COM, CONVERSE: WWW.SURFDOME.COM, NIKE: WWW.NIKESPORTSWEAR.COM, SHISEIDO: WWW.LABSERIES.CO.UK, JEAN PAUL GAULTIER, CALVIN KLEIN: WWW.BOOTSCO.UK, CLINIQUE: WWW.CLINIQUEFORMEN.CO.UK, NIVEA: AVAILABLE NATIONWIDE

5 grooming products

£20

CLINIQUE FOR MEN ANTI-FATIGUE COOLING EYE GEL

The perfect antidote for those puffy, hungover eyes.



£17

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Spend more than £50 online and get a luxury bath robe!



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Your favourite smell in this cracking mirrored bottle.



£23

CK ONE SHOCK

Super-rich and featuring intense patchouli, this'll stop the ladies in their tracks.



£9

NIVEA FOR MEN SENSITIVE FACE CARE HYDRO GEL

Perfect for blokes with stubble, this sinks in a treat.



Nuts reader bags £229,776 on Nuts Games!

Deal or No Deal win of almost quarter-of-a-million quid!

→ AS IF you needed any more reasons to buy your favourite magazine, reader Ash Adams shows that on Nuts Games you could well be the next big winner!

Bank worker Ash, from Hampshire, bought a copy of Nuts from a hospital shop while visiting his missus. "That's where I saw the ad for the Deal or No Deal slot game. Within 45 minutes of playing, I'd got into one of the three bonus games five times! By the end, I was down to my last two boxes. I clicked 'No Deal' on the banker's offer and won the lot!"

Hi Ash! Well done on bagging the jackpot! What's it like having all that cash?

Words can't really describe it. It's crazy! I don't think I'll properly believe it until I buy myself something really big with it, like a house or a new car!



Is this the first time you've won anything like this?

Yeah! The most I've ever won before was £200. I'd been signed up to Nuts Games for less than an hour, though, so you can imagine how I felt when it said I'd won!

We bet! Would you say you're a lucky bloke in general?

I do enjoy online games and have had some luck, but I wouldn't consider myself lucky. But all my mates said that if it was going to go to anyone it was going to be me.

So your mates expect you to get the drinks in from now on?

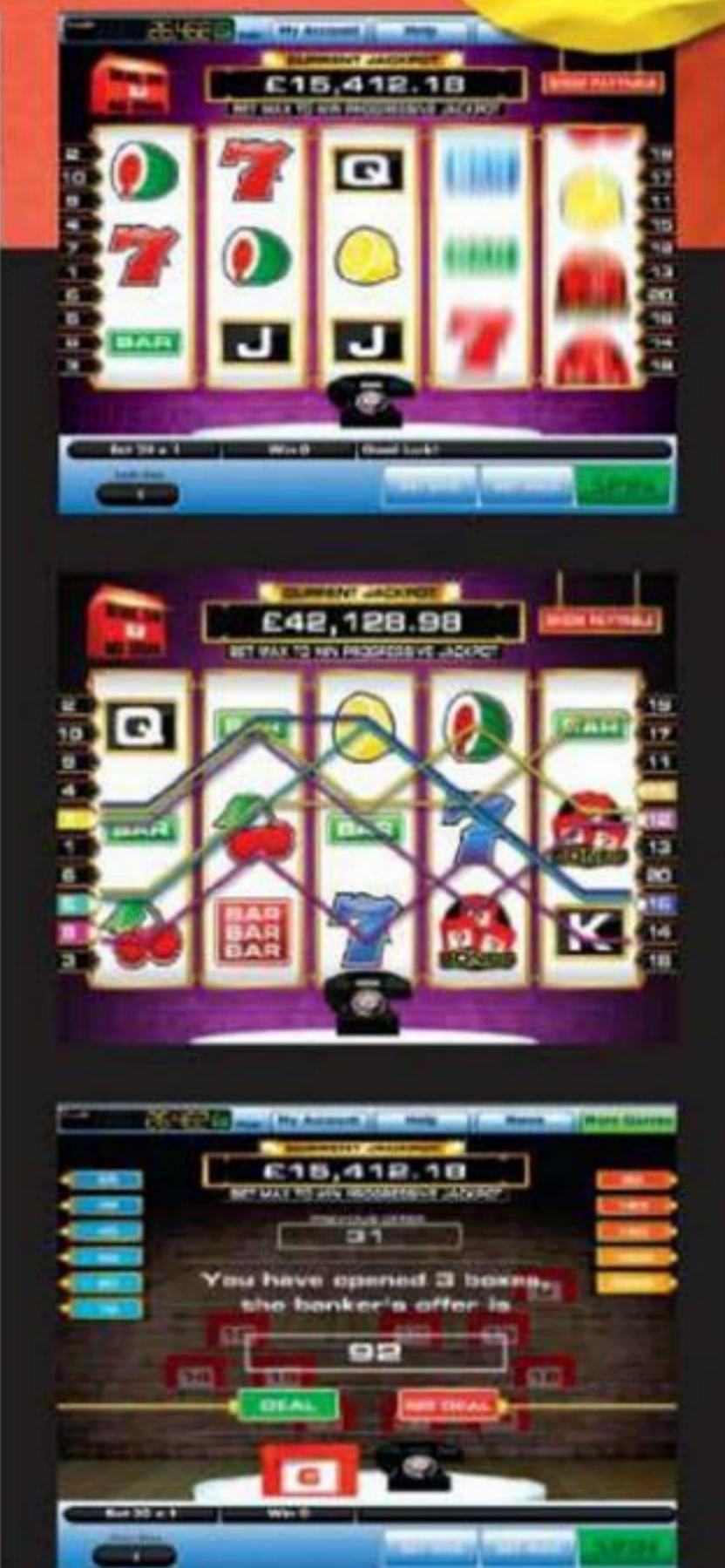
Yeah! A lot of my mates are in Ibiza at the moment. When they're back, I'll book a few VIP boxes at one of our local clubs and have a big old night.

You mentioned buying something massive with the money. Are you tempted to blow it all on a big spree?

I've had a mini spending spree already. I said to my girlfriend we'd take £1,000 each and spend it on anything we want, so we've done that. I bought a new car for her and I'll sort myself out with a new one soon, plus I plan to get a house!

The new Lambo Aventador starts at £202,000... Tempted?

Ha-ha! Yeah, a Lambo would be nice, but I've got my sights set on plenty of other stuff, too. Plus I'm going to carry on playing. Since I won the jackpot in June, I've had loads of smaller wins on the other slot games too, so it's definitely worth paying up!



Sign up today & deposit to get up to £200 free play* on Deal or No Deal! Enter promo code NUTSC33 at www.nutsgames.co.uk

*200% DEPOSIT BONUS UP TO £200 FOR NEW CASH MEMBERS ONLY. MINIMUM £10 DEPOSIT REQUIRED - EG DEPOSIT £100 AND WE'LL GIVE YOU AN EXTRA £200 FREE PLAY ON TOP. TO RECEIVE THIS OFFER YOU MUST ACCEPT THE SIGN-UP BONUS WHEN DEPOSITING. SUBJECT TO TERMS AND CONDITIONS OF THE OPERATOR, AVAILABLE AT WWW.NUTSGAMES.CO.UK. FOR 24-HOUR HELP AND SUPPORT, FREEPHONE 0800 458 0770. OVER-18S ONLY. PLEASE PLAY RESPONSIBLY. WWW.GAMBLEAWARE.CO.UK CLOSING DATE: 30 AUGUST 2011. © 2003 ENDEMOL



gambleaware.co.uk





1 Philips iPad dock

www.philips.co.uk

Nuts says: The swish-looking DS7700 portable iPod player spits out ten hours of tunes per charge, has a handy magnetic cover and soundtracks games via Bluetooth.

£180

BOOM BOX

Low-volume tinny tunes are banished by Philips' Dynamic Bass Boost



2 Jaybird Freedom

www.amp3.co.uk

Nuts says: The world's smallest Bluetooth headset is a wee beauty and brilliant for sports use. Also has a mic for calls while you do that energetic thing.

£100



PAPER MEMORY

It comes with an old-school paper-and-pen contacts book



3 John's Phone

www.firebox.com

Nuts says: The antithesis of your all-singing, all-dancing iPhone, this is a mobile that makes and receives calls. That's it. Makes. Receives. Nothing else. Beautiful.

£60

SNAP HAPPY

You can snap 250 shots on one battery charge, lasting 125 minutes



4 Sony Cyber-shot DSC-TX55

www.sony.co.uk

Nuts says: At 12.2mm, this is the world's thinnest digital camera! It boasts a 16.2-megapixel chip, 3D Sweep Panorama, 3D still-image mode, full HD video and nice looks.

£350





CHECK OUT
THE OFFICIAL
Nuts
POKER ROOM
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WIN FOR REAL**

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Please gamble responsibly. For more information and advice visit
www.gambleaware.co.uk

 **PKR**
let's play



Gadget

"The **BLACKBERRY PLAYBOOK** is like a mini iPad that fits in your pocket. You can write lyrics on there, you can go on Twitter, you can play games and you can watch films – it's impressive!"



Film

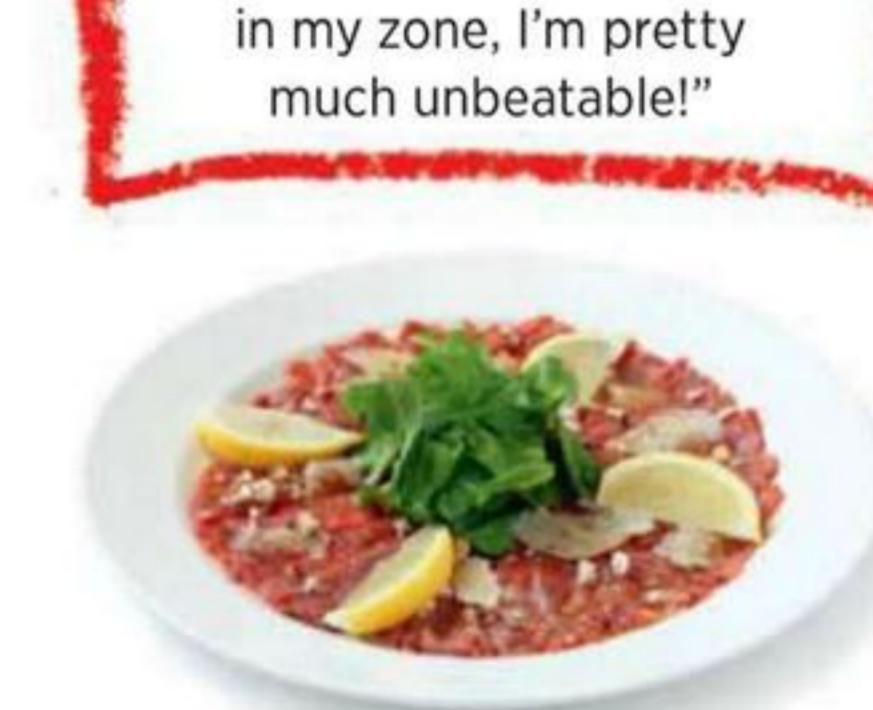
"**THE LINCOLN LAWYER** was pretty good. I like a courtroom drama. The worst film I've seen recently was *Sucker Punch*. What a waste of time!"

Stuff I like!

Top pop bloke **Example** on all the stuff he couldn't possibly live without!

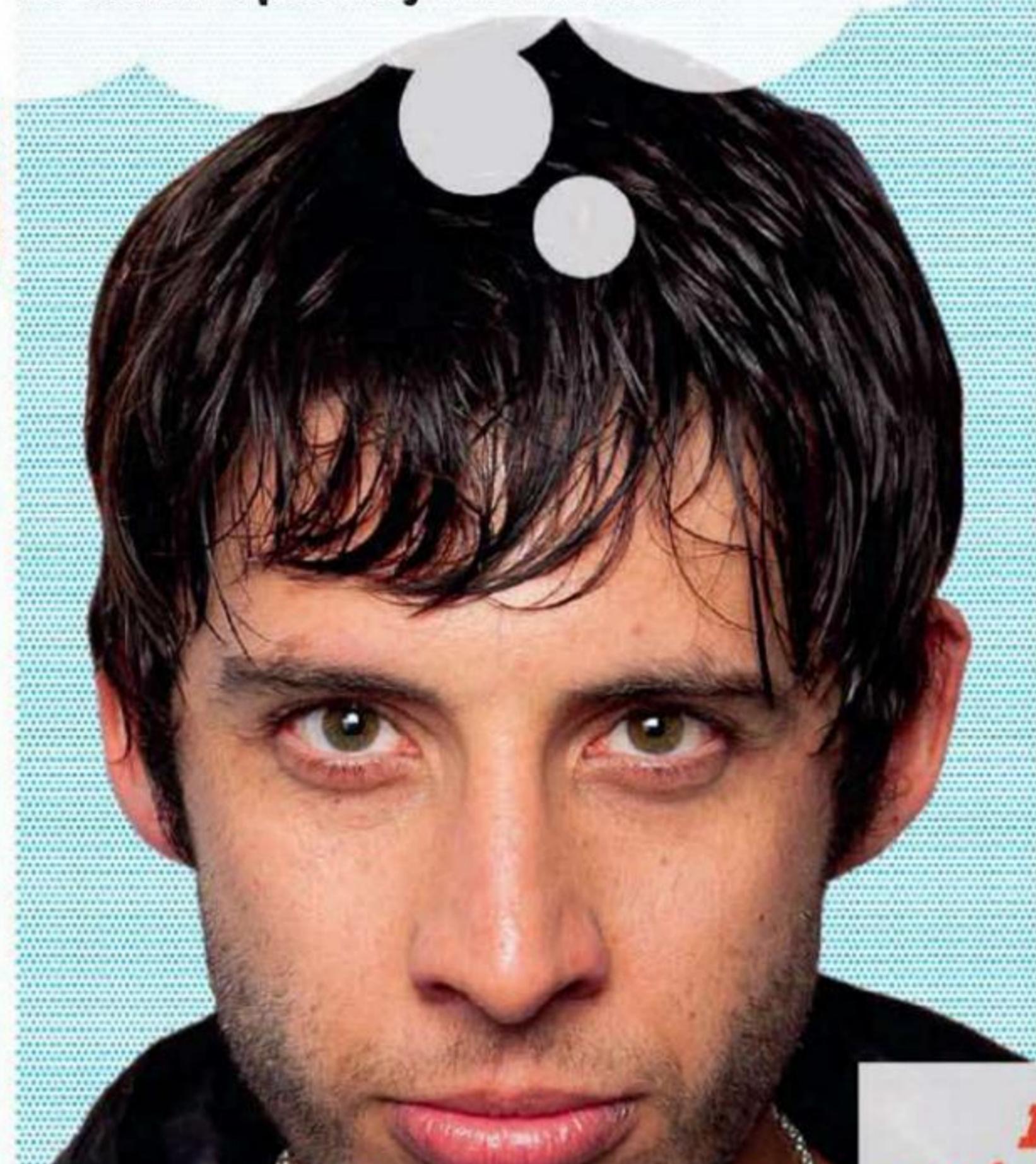
Game

"I'm a big **FIFA 11** fan. We play it on the tour bus all the time. If I sit and play for half an hour and get in my zone, I'm pretty much unbeatable!"



Food

"I eat steak four or five times a week. I like steak tartare and **BEEF CARPACCIO**. That's raw steak, prepared with a number of ingredients."



Drink

"My favourite drink is dark rum like **CAPTAIN MORGAN**. I'm very all-or-nothing. I'll be sober for weeks, then I'll go out and get completely sh*t-faced!"



Holiday

"**AUSTRALIA** is my favourite destination – I once saw Steve Irwin do a demonstration at Sydney Zoo. I've eaten alligator fingers in Florida – they're not really alligator meat, though!"



Car

"My favourite car is an **AUDI R8**. I've ordered a silver one off a dodgy bloke in Dubai. I think it was owned by a rich Arab who drove it twice and now he's selling it on to me."



Music

"My favourite song is **STAY AWAKE** by Example! It's about kids on drugs. My new album, *Playing In The Shadows*, is all a bit moody like that."



Book

"When I was a kid, the doctor said I had mild autism, so ever since then I've never really read. But I did read **THE GIRL WITH THE DRAGON TATTOO** and that was great."

Grooming

"**CLINIQUE M LOTION** is good if you're looking a bit pasty. On tour, we've started calling it 'tour skin' so the women don't know we're using make-up!"



Most extravagant purchase

"I bought a **£3,000 JACKET**. I've worn it twice. It looks great in my cupboard!"

- Stay Awake is released on 29 August

Nuts **REAL GIRLS**



BEDROOM **BABE!**

You voted, she won, we took the pics!

**“My best
features?
My eyes and
my bum!”**

**“I got
naughty
in a gym
sauna!”**

PHOTOS: PAUL MUSSO HAIR & MAKE-UP: SAM CAREW



The Pic she
SENT us!

Ebony

AGE: 23

FROM: Harlow

BOOBs: 32DD

BIGGEST TURN-ON? Guys who can make me laugh.

SEX TIP: Wax. I hate too much body hair. Yuck!

Turn to vote for our
next Bedroom Babe!



Nuts

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BEDROOM BABE VOTE!

Pick your winner – and she'll star in *Nuts*!



Becky

25 Barnsley

"As you can see, I like to show off my bum in my skimpy vest and kneesocks!"



Katie

21 Auckland

"People tell me my best features are my boobs and my bum!"



Kesse

23 Staffordshire

"I burn off calories in the bedroom. On top is best for that!"



Lynsey

21 Lanark

"I love a pint and playing PlayStation!"

Vote now!

The winner gets her own Bedroom Babes shoot in a future issue of *Nuts*!

Choose the girl you think is the hottest, go to www.nuts.co.uk/girls, click on the "Bedroom Babes" bit and vote for her. Simple!

Ladies! Send your photos to **Real Girls UK, Nuts, 9th Floor, IPC Inspire, the Blue Fin Building, 110 Southwark Street, London SE1 0SU**. Or email nutsgirls@ipcmedia.com. You must be over 18.

Nuts

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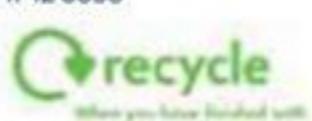
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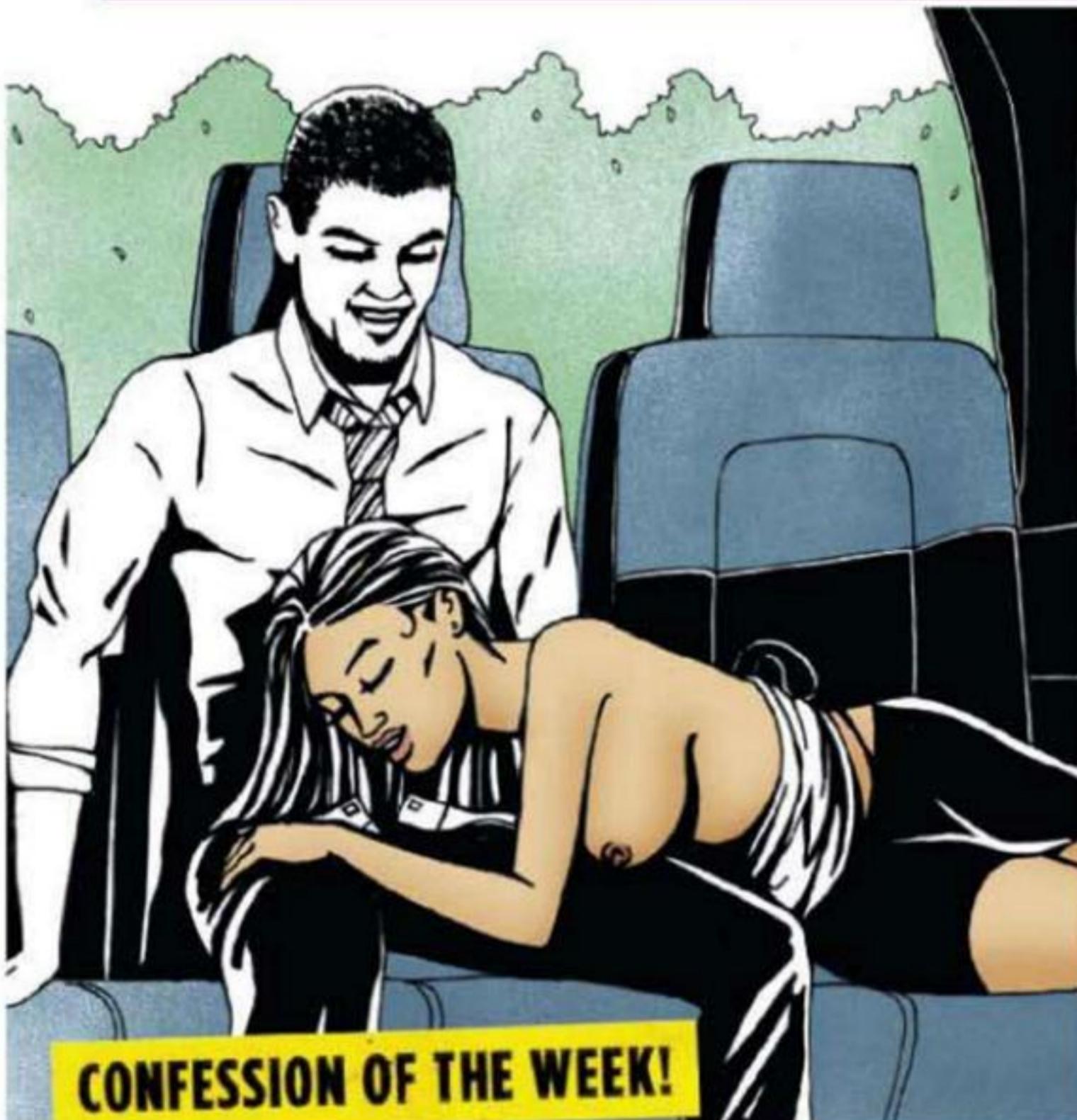
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ONLY IN
Nuts!

Nuts REAL GIRLS

LADIES CONFESS! TO OUR SECRETARY!

Racy revelations from our female readers!



CONFESION OF THE WEEK!

'He slipped his hand down my panties'

A COLLEAGUE and I recently had to travel to London for work. I really fancied this guy, so I asked if I could rest my head in his lap on the coach. As I quietly moaned and rubbed against his bulge, he was soon feeling my boobs and slipping his hand down my panties. I took hold of his rock-hard tool, moving my hand faster until he gasped with pleasure. Every time I get on a coach now, I can't help feeling naughty!

Sam Watford

'I worked her with my tongue'

I'VE JUST come back from holiday with a group of mates, including a hot female friend who I've

always been secretly attracted to. After a boozy night out, Miss Hottie and I went back to the villa with a male mate of ours. As soon as we walked through the door, I felt her hand stroke my breasts. Our male friend watched as her hot mouth caressed my hard

nipples, making me moan. I slowly knelt down and began to use my tongue, sliding my fingers inside her as I did. We finally allowed him to join in and he pushed me down onto the sofa, entering me while she teased me with her tongue. Soon it was her turn, and as I watched her bouncing up and down, I slowly brought myself to orgasm. We felt so naughty knowing that the rest of our group could come back and catch us at it. It was the perfect end to a brilliant night!

Stephanie via email

'We both gave him oral sex'

A COLLEGE friend and I visited her new fella's car workshop one afternoon to see what he gets up to at work. He was really sexy and kept grinning at my mate before looking me up and down. I soon realised what they were after and she admitted she'd brought me along under false pretences. I could've walked away there and then, but I was curious and didn't object when she leaned forward and kissed me. I felt her bloke's hands run up my thigh as a big bulge appeared under his trousers. Before I knew it, my friend and I were both giving him oral sex and I gasped out loud as he quickly climaxed in our mouths. I couldn't believe how outrageous we'd been!

Chelsie London



AND HERE'S WHO READS YOUR STUFF!

Lou is the *Nuts* secretary and loves reading your saucy stories. So keep them coming!

'We looked for a place to do it'

I WAS at home one night when I realised I couldn't ignore the tingling between my legs any longer! Feeling horny, I texted my boyfriend and told him to meet me in town. I got changed into a skirt for easy access and by the time we met, we were both really excited. We searched for places to have sex, but it was still light and quite busy. I couldn't go back to my flat as my sister was there, but I work in a surgery and have a spare key. We snuck into the office and tore our clothes off. I was soaking wet and ready for him when he bent me over the clinical bed and took me from behind. Now I always smile when I see patients going into that room!

Emma Herefordshire

Win £50!

Ladies, send your raunchiest confessions to **louise_prior@ipcmedia.com** or to the address on page 72. The best one each week* wins £50! Come on, girls!

10 RUDE QUESTIONS!

And a real girl to answer them!

Jeana

22 Kent

1 Where's the strangest place you've had sex?

On a golf course! I went with my boyfriend at the time and it was a bit of a spur-of-the-moment thing.

2 What's your trademark move in the bedroom?

I used to be a stripper, so a striptease. The key is to tease, slowly and sensually, but also be cheeky and fun.

3 What one thing is a guaranteed turn-on?

To get me into bed, you have to make me laugh. Once there, you have to be a good kisser.

4 What's your favourite sexual position?

On top. I'm in control and everyone gets a good view!

5 Is it better to give or to receive?

It has to be both, equally!

6 What's the one sexual thing you want to try?

I'd like a threesome with another girl. Is that boring? Scarlett Johansson, please!

7 Ever been with a lady?

I snogged a girl at a party. We ended up kissing and were both like, "Whoa!" So it didn't go any further.

8 What's your rude fancy dress of choice?

If I'm making an effort in the bedroom, crotchless knickers and a corset to make my boobs look good.

9 Ever made a sex tape?

I recorded some *very* personal stuff with an ex, but I made him delete it as soon as we'd finished!

10 What's the rudest thing you've done?

I've been to a sex party! A guy I knew asked if I fancied it, so I thought, "Why not?" There were people getting it on all over the place, but it didn't make me want to get involved. I just liked watching!



"I like being on top – I'm in control and everyone gets a good view!"



POP OUT IN PUBLIC!

Have a cheeky flash – and earn some cash!

Nuts **REAL GIRLS**

BY THE RIVER!



Becky

23 Cheshire

"Boobs out, down by my local canal!"

ON CAMERA!

Polly

19 Lancaster

"The speed camera failed to spot me popping out!"

ON HOLIDAY!



Grace & Georgina

21 & 20 Derbyshire

"This is us on holiday in Cyprus, going topless by the pool!"

REAR VIEW!



Francesca

19 Ramsgate

"The van driver didn't have a clue what I was up to!"

Win £100!

All printed pics get a *Nuts* vest-and-shorts combo. The winner gets £100!* Send your snaps to nutspopout@ipcmedia.com or text 0771 388 8008.

Nuts SPORT

EXCLUSIVE!

Carroll: 'I'm honoured to wear that No.9 shirt!'

The striker talks goals, Kenny and Boyzone!

→ **Hi Andy! So, can Liverpool win the title this season?**

I have to say yes, or else there's no point turning up! I came here to win things and that's still my mindset. We've bought some quality players this summer and the club feels really positive. I can't wait to get started!

Is the positive outlook down to Kenny Dalglish?

He's a fantastic manager but, more importantly, he's a fantastic man. What he's achieved in his career is phenomenal, but he's down-to-earth. He just wants what's best for the club.

You were spotted together at a recent Boyzone concert – how cosy!

Ha-ha! I've had a lot of stick for that! I was just settling into the club and was looking for a night out. I'm not sure what it did for my street cred, though!

Speaking of nights out, is the bad-boy image in the past?

I've made mistakes, just like everyone else. I had to learn

that anything I did would make the papers, and that's hard for a young lad to get his head around. I know the score now, though.

So you're a changed man?
I think a lot of the stuff written was exaggerated. I'll never be a complete angel – I'll always like a pint – but now I know what mistakes not to make.

Tell us about the hair. That's one monster ponytail!

It's only a haircut! One morning, I'll wake up, decide I'm fed up with it and cut the lot off. No big deal!

What can you bring to Liverpool this season?

Everything I've got – as simple as that. Liverpool have put their faith in me and that's something I'll use to spur me on. If I don't do well here, it won't be through lack of effort.

Is there more to your game than just being a target man to launch long balls at?

I'm not just about that. Yeah, I'm decent in the air



but I can also get the ball down and bring others into the game. I'm looking forward to getting a partnership with Luis [Suarez] going. I think we'll work well together.

Is there pressure to be England's next great hope as well as Liverpool's?

Football is funny – it can kick you in the teeth just when you think you've got everything sorted. I really want to be an England regular and someone the country can rely on, but let's just see what happens!

"Two tickets for Westlife? Cheers, Kenny!"

"Eboue! Get back on the bench!"

LIVERPOOL VS ARSENAL SPECIAL!

EXCLUSIVE!

Van Persie: ‘We’re not babies!’

The Dutch master on injuries, transfers and the need to bring a trophy back to the Emirates

→ **Hi Robin! How confident are you that Arsenal can end their trophy drought?**

We're always confident because we have faith in ourselves and in each other. We're up against sides who spend a lot of money, but we must do what we can.

How close are you to finally winning a trophy?

We came very close for periods of last season, and on our day we could beat anyone. If we can solve the problem of consistency, we can win the title this time.

What about new signings?

Every top side needs to renew and to refresh their squad, but there's no crisis at Arsenal. If we'd won the Carling Cup last season, I think the questions would've gone away.

How painful was losing that final to Birmingham?

It still hurts now. It was stupid and careless of us.

What do you say to the suggestion that Arsenal aren't tough enough to win stuff?

Football is about ability, yes, but desire and motivation are maybe even more important.

I see these qualities in the dressing room. Winning things is everything to me and I'm content this can happen here.

At least you've got Jack Wilshere in the side!

Jack Wilshere is an incredible talent, someone who English fans should cherish. He's so young but has the potential to be one of the world's best.

What about you? Last season was blighted by injuries.

I feel I'm approaching the best years of my career, so to miss a lot of last season and then take time to get back to my best was

frustrating. But I feel good now. I'm confident I can have my most successful season as an Arsenal player. The most important thing is that we win a trophy.

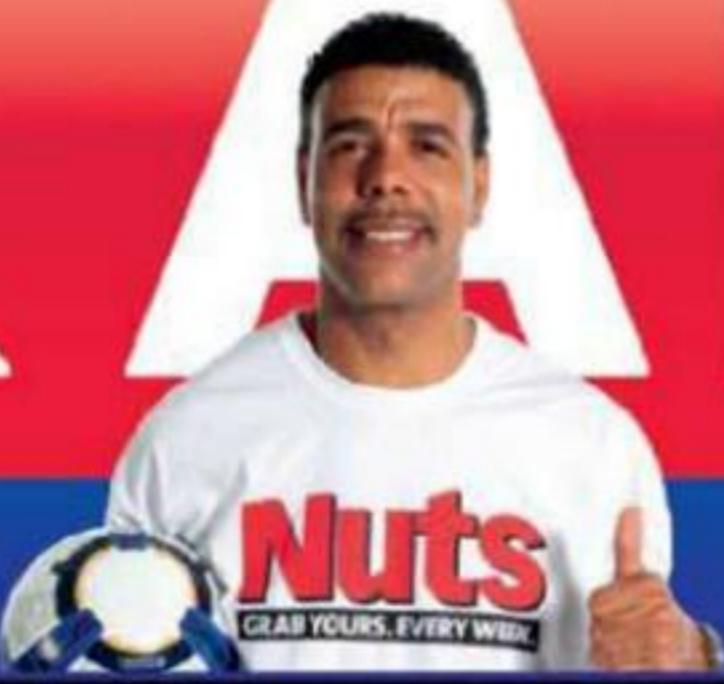
How likely is that?

We've been close but at the last moment made mistakes. It wasn't the club's fault or the manager's fault, it was down to the players. We're not babies, so we must take responsibility. It's up to us!

● Arsenal vs Liverpool is on Saturday at 12.45pm on Sky Sports 2



KAMMY!



He's the voice of the fans – and he's only in *Nuts*!

Hernandez loved
the taste of
Nani's arm



It's United for the title!

Fergie's boys are equipped for more glory

→ IT'S GREAT to have the Premier League back!

Hopefully, it'll be as exciting and open as it was last year.

It's difficult to look past Man United for the title. They're always so consistent and have added real quality to their team. With Ashley Young, Nani and Antonio Valencia all options on the wing, and Wayne Rooney and Javier Hernandez up front, they're going to take some stopping! Sir Alex is

amazing. He's 70 this year, yet his hunger and passion for trophies is as strong as ever. Will he ever stop?

Chelsea will be up there, but it'll be tough for Andre Villas-Boas. He has to win something this season or he could be out of the door come May. If you look at the Blues last season, they were nailed on for the title in September, then Ray Wilkins left and they fell apart. They can't afford a similar dip this season!

Man City also have to challenge. With the money they've spent, Roberto Mancini has to improve and there's no excuse for them not to push Man United all the way in the title race.

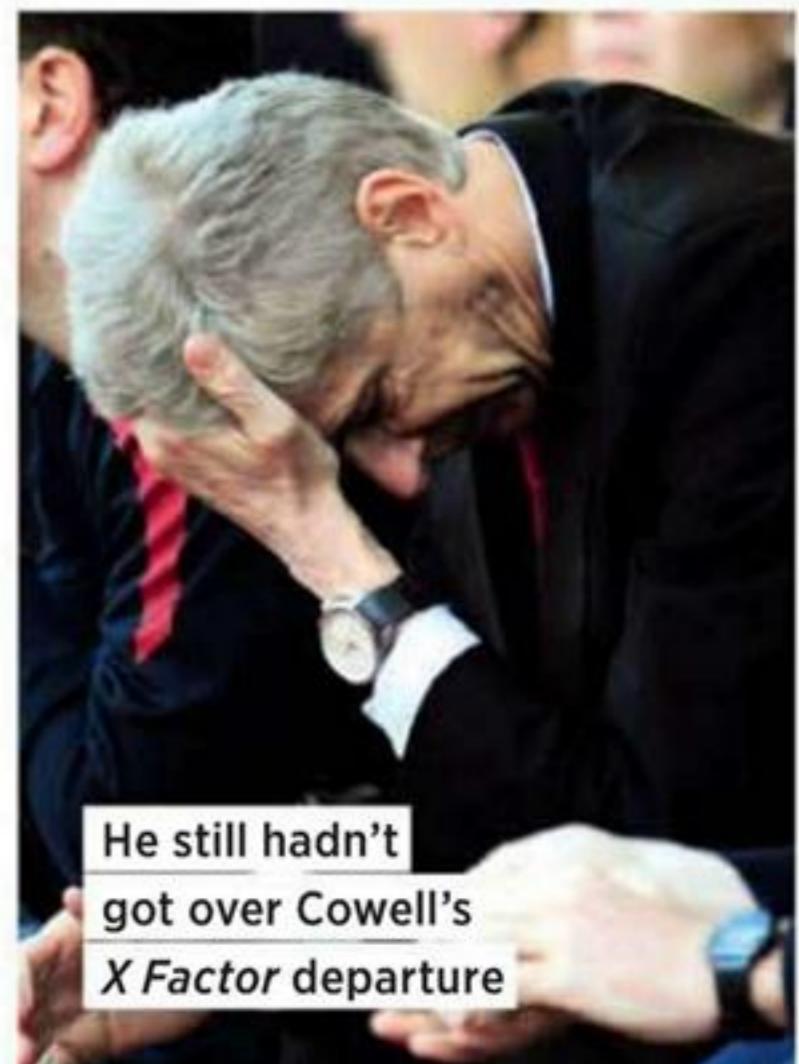
As for Arsenal, it's impossible to say how their season will pan out until the transfer window slams shut in September. Losing Cesc Fabregas and Samir Nasri will make it extremely difficult for them to mount a serious title challenge.

Has Wenger given up?

I CAN understand the fans' frustrations over at Arsenal. They want experienced players who can hit the ground running, yet Arsene Wenger goes out and signs another teenager! Alex Oxlade-Chamberlain is a player with a lot of promise but is he really what Arsenal need right now?

Surely, Wenger would be better off spending £12million on a player who'll make a big difference to the first team. To put it in perspective, he could've got Matthew Upson, Jonathan Woodgate and Shay Given all for £3.5million – players who'd make a massive difference to Arsenal's squad.

Some of the fans I speak to think Wenger has given up, that he's just running down his contract. That's harsh. Wenger is the best gaffer in the club's history and deserves trust, but he needs to start placing the emphasis on winning trophies rather than entertaining!



He still hadn't
got over Cowell's
X Factor departure

KAMMY'S UNBELIEVABLE-OMETER™

UNBELIEVABLY GOOD!

UNITED YOUNGSTERS!

A great week for Tom Cleverley and Danny Welbeck, both back at Man United and both in the manager's plans for the season. These two are fantastic prospects!

UNBELIEVABLY BAD!

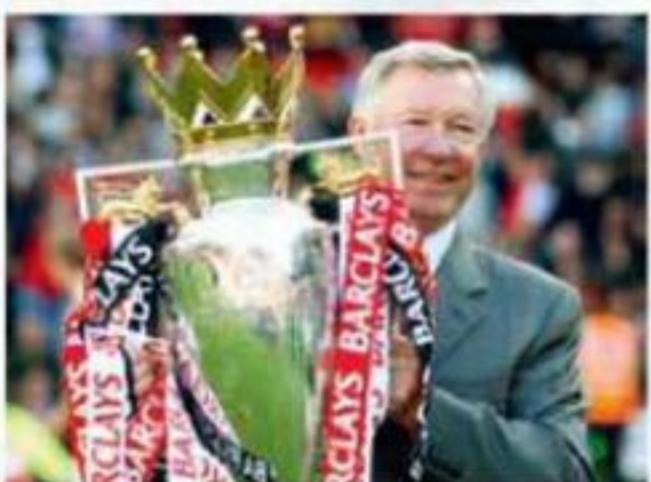
RIOT SHAME!

It's a real disappointment to see the football calendar affected by the rioters. Let's hope we can get sport back on the agenda as a positive for the country.



KAMMY'S ACCUMULATOR!

Here are my tips for the season, worth a cheeky tenner of anyone's money! Just don't hunt me down if I'm wrong!



1 PREMIER LEAGUE

Man United



2 TOP GOALSCORER

Wayne Rooney



3 CHAMPIONS LEAGUE

Barcelona



4 FA CUP

Arsenal



5 LEAGUE CUP

Man City



6 CHAMPIONSHIP

West Ham

Man United vs Spurs

22 AUG, 7PM • Sky Sports 1

It's difficult to see how Spurs can get a result at Old Trafford. First and foremost, they have to keep hold of Luka Modric to have any chance. United are usually slow starters but they looked fantastic in the Community Shield. It could be a long night for Harry Redknapp!

KAMMY'S PREDICTION: 2-0

Key man

Rooney's back to his best and will be expected to score a few while Javier Hernandez is rested. Bet on him for first goalscorer!



One to watch!

KEEP AN eye on Chelsea's new boy Romelu Lukaku. This young lad comes with a big reputation and a price tag to match. The new Drogba? We'll just have to wait and see!

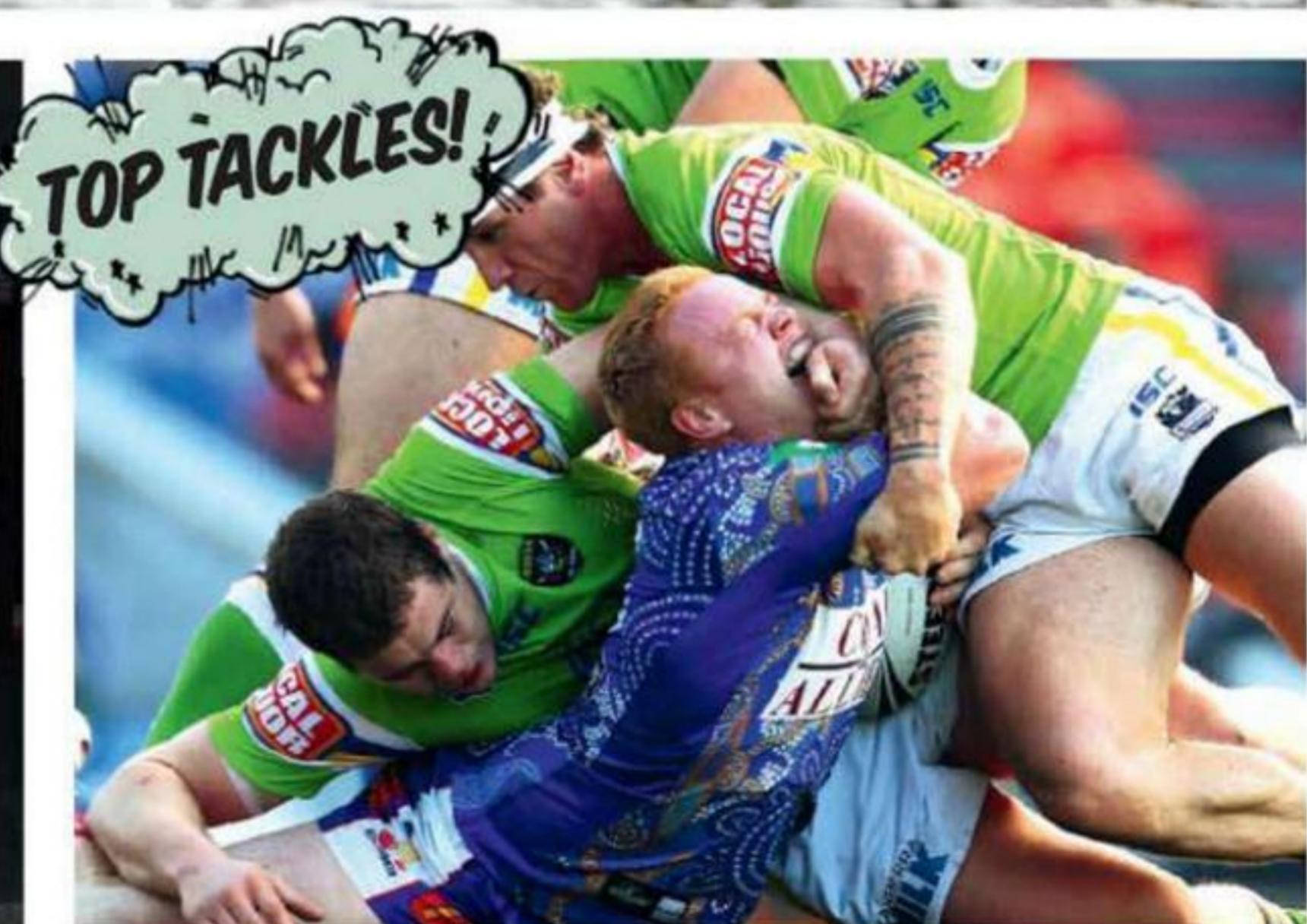
- Send jokes, comments, pics etc to kammy@ipcmedia.com. The sender of the best one each week wins themselves a signed *Nuts* T-shirt!



"Rubik's Cube!
What's that?"

Nuts ABOUT SPORT!

Funny goings-on in the wonderful world of sport!



international
MAN LOVE



BRAD HADDIN and **JOHN HASTINGS** unwittingly reveal why Australia are no longer the powerhouse of world cricket – too much cuddling in training!



This is why we stay away from contact sports! Wales' **MORGAN STODDART** snaps his leg after a tackle by England's Delon Armitage.

"Quote me on that!"

This week's biggest match debaters!

"He's a ginger, but he's a *real* ginger"

Martin Jol is sure Marcel Gecov's hair is legit.

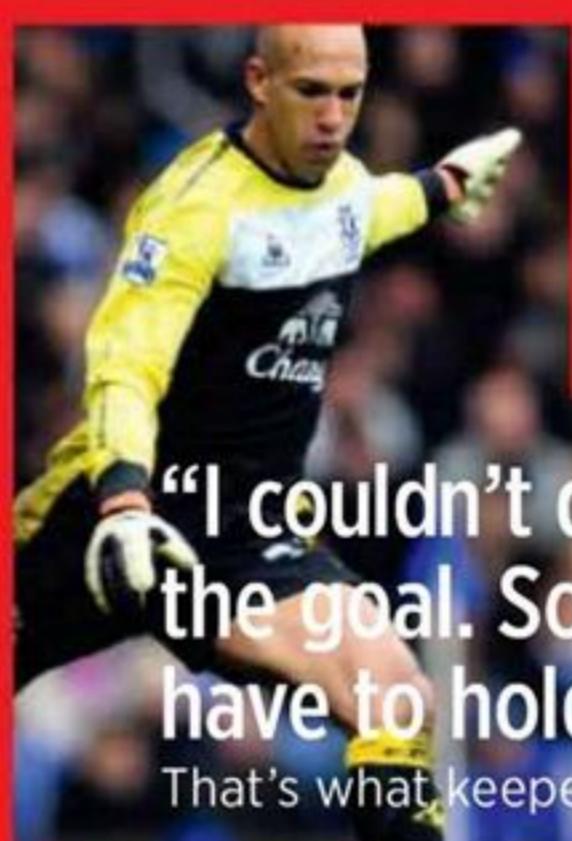


"I think England friendlies are crap. I'm not saying they're not very good"

That's not what it sounds like, Paul Merson.

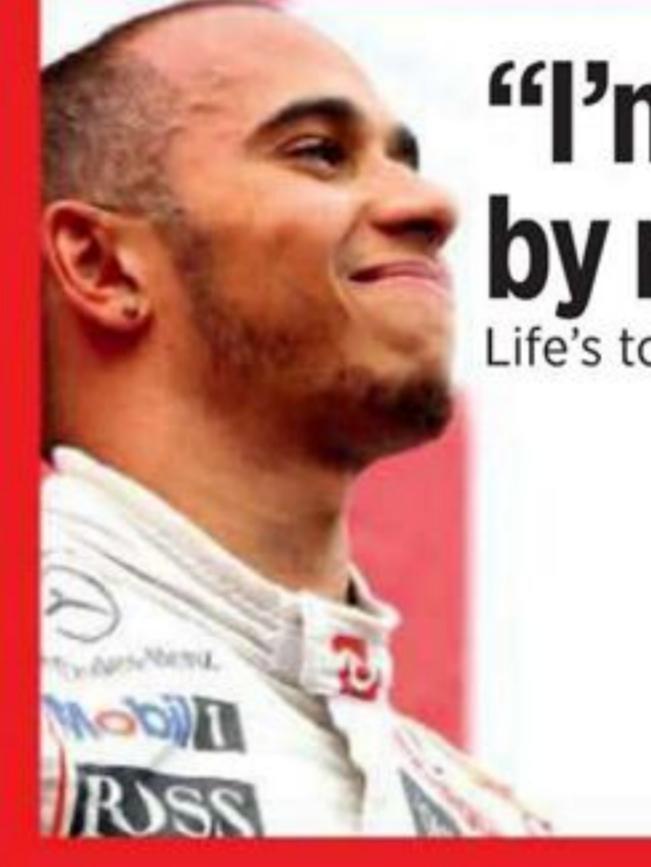
"I'm star-struck by my own self"

Life's tough for Lewis Hamilton.



"I couldn't do much about the goal. Sometimes, you just have to hold your hands up"

That's what keepers usually do, Tim Howard.



"Maybe they will put the ref in the fridge for two or three weeks"

Gus Poyet wants a cooling-off period.

OO-ER SOUNDS A BIT RUDE CORNER!

"I knew this was my one last push and that I could leave everything in the pool"

Swimmer Rebecca Adlington has a little accident.



"Sachin Tendulkar's isn't a big one"

Cricket commentator Geoff Boycott downsizes the Indian legend.

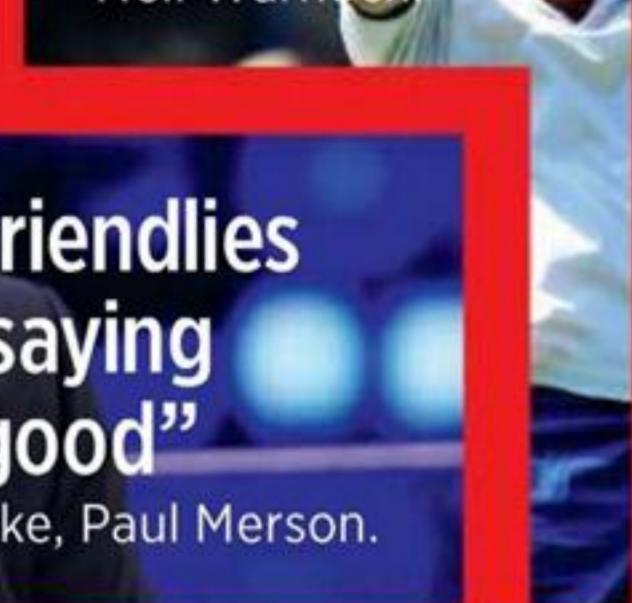
"Ekotto can give it to Crouch. He knows how he likes it"

Phil Thompson on Spurs' team spirit.



"You want to strangle Taarabt and you want to belt him"

QPR's star player is getting to boss Neil Warnock.



Meet the Blade Runner!

Amputee joins World Championships!

→ OSCAR PISTORIUS is set to become the first disabled athlete to compete at the World Championships, in South Korea later this month. But how do his prosthetic "blades" work? And how does he measure up to the best of the able-bodied 400m runners?



THE BLADES

- Inspired by cheetahs
- Made of carbon fibre
- Mimic ankle joints
- £12,000 a pair

Factfile

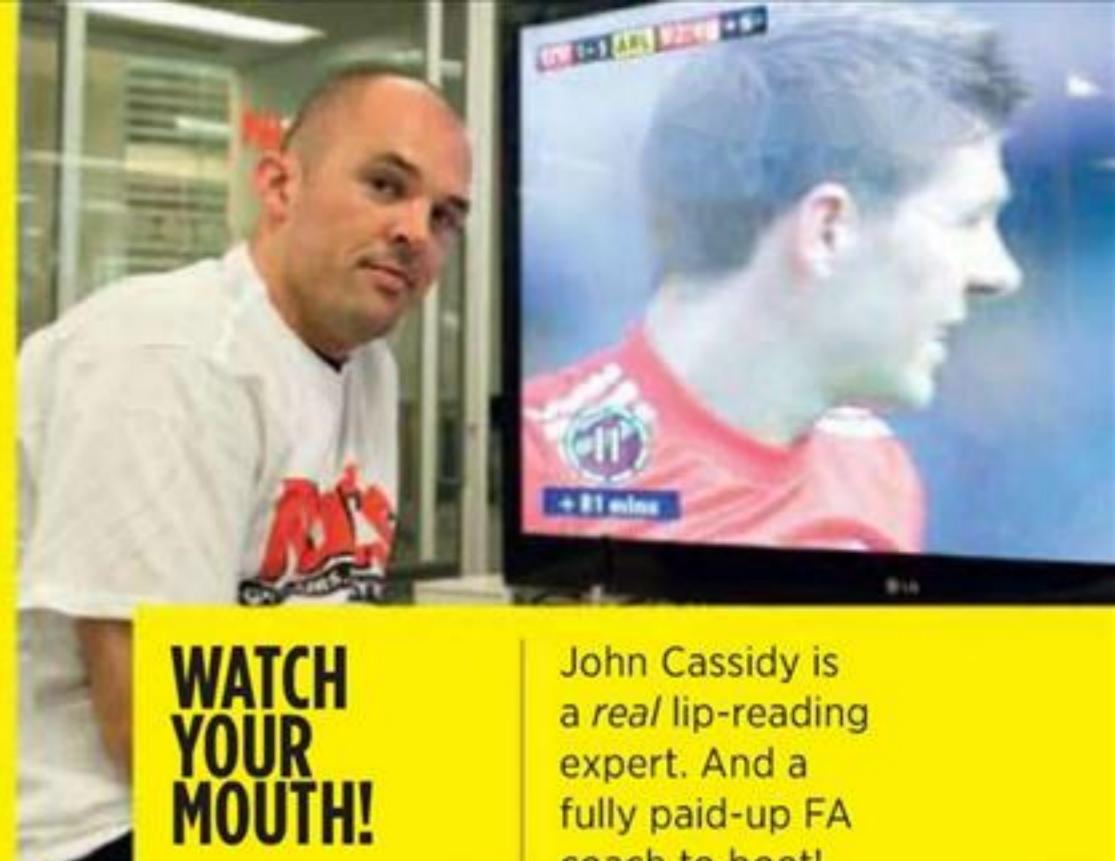
1986: Born without fibulas. Legs amputated.
2006: Wins gold in the 100m, 200m and 400m at the World Paralympics.
2008: Court rules Pistorius can use blades to compete with able-bodied athletes.
2011: Called up for the World Championships.

400M TIMES

- Pistorius PB 45.07 secs
- Michael Johnson's world record 43.18 secs
- World and Olympic champion LaShawn Merritt 43.75 secs



THE NUTS LIP READING QUIZ



John Cassidy is a real lip-reading expert. And a fully paid-up FA coach to boot!

When he watches a match, he sees every word!



Craig Bellamy:
"I didn't touch it! I was
off the f**king pitch!"

WALES VS AUSTRALIA Cardiff City Stadium, 10 Aug, 8.52pm
The Welshman is his usual cam self after being ruled offside.



Gus Poyet: "Come
here! Come here!
F**king come
here! Why didn't
you f**king listen?"

BRIGHTON VS DONCASTER Amex Stadium, 6 Aug, 3.28pm
Brighton's boss lays into ref Eddie Ilderton and gets sent off.



Paolo Di Canio:
"Phil! Phil! Come
on! Push in, up
there, up there!"

SWINDON VS CREWE The County Ground, 6 Aug, 4.24pm
The Italian goes bonkers, barking orders on the touchline.



Micah Richards: "Oh ref,
he dived! Ref, what's this
about? F**king hell!"

MAN UTD VS MAN CITY Wembley Stadium, 7 Aug, 2.50pm
Micah tells it like it is after clattering into Ashley Young.



Ian Holloway: "I was
telling the referee it's
no f**king problem! It's
sh*t! Hey, hey, f**k off!"

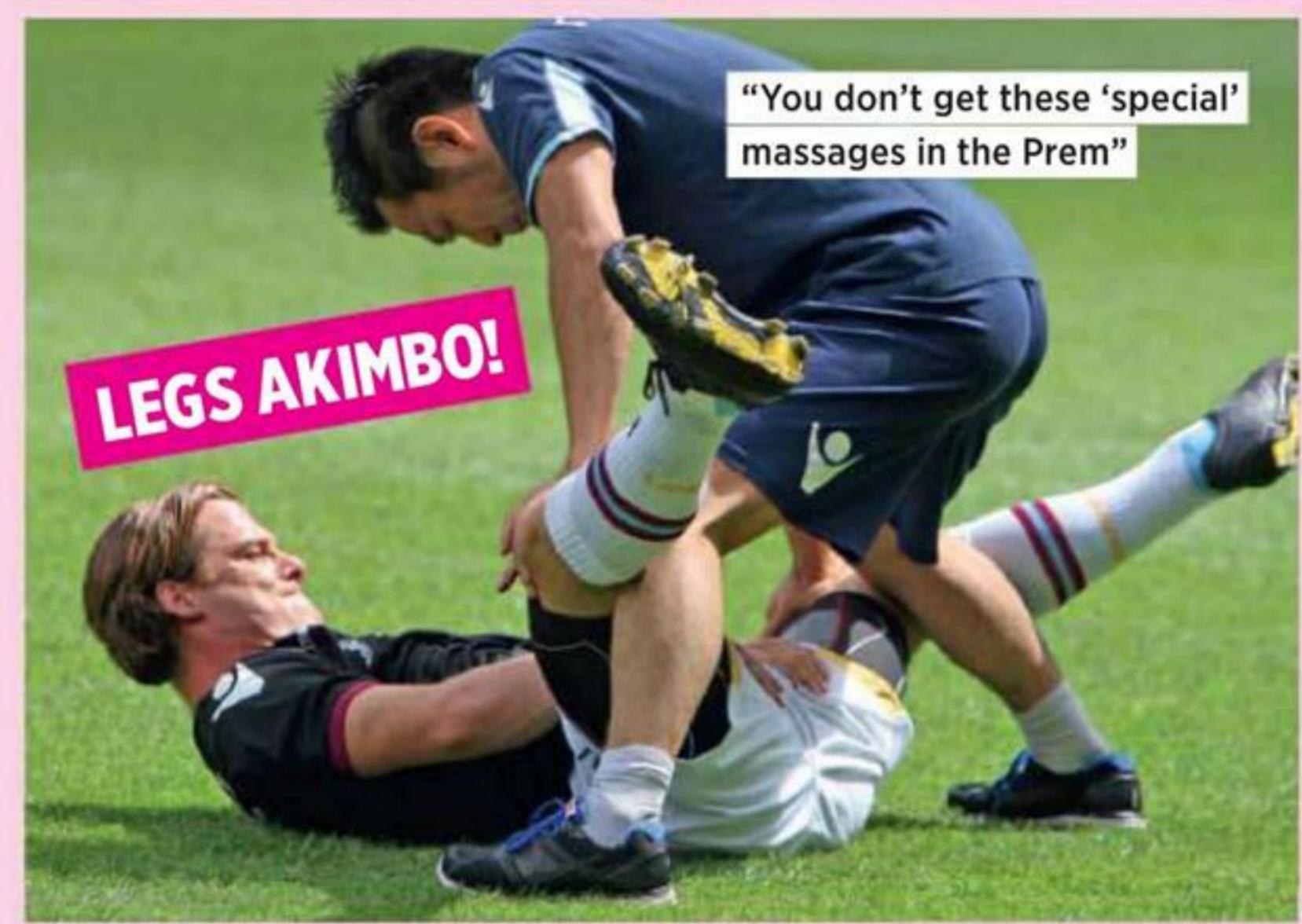
HULL VS BLACKPOOL KC Stadium, 5 Aug, 7.23pm
Ollie reads the riot act after a tackle on Gary Taylor-Fletcher.

RING OF TRUTH!

Football seen through the *Nuts* comedy glasses!



MAN-LOVE CORNER!

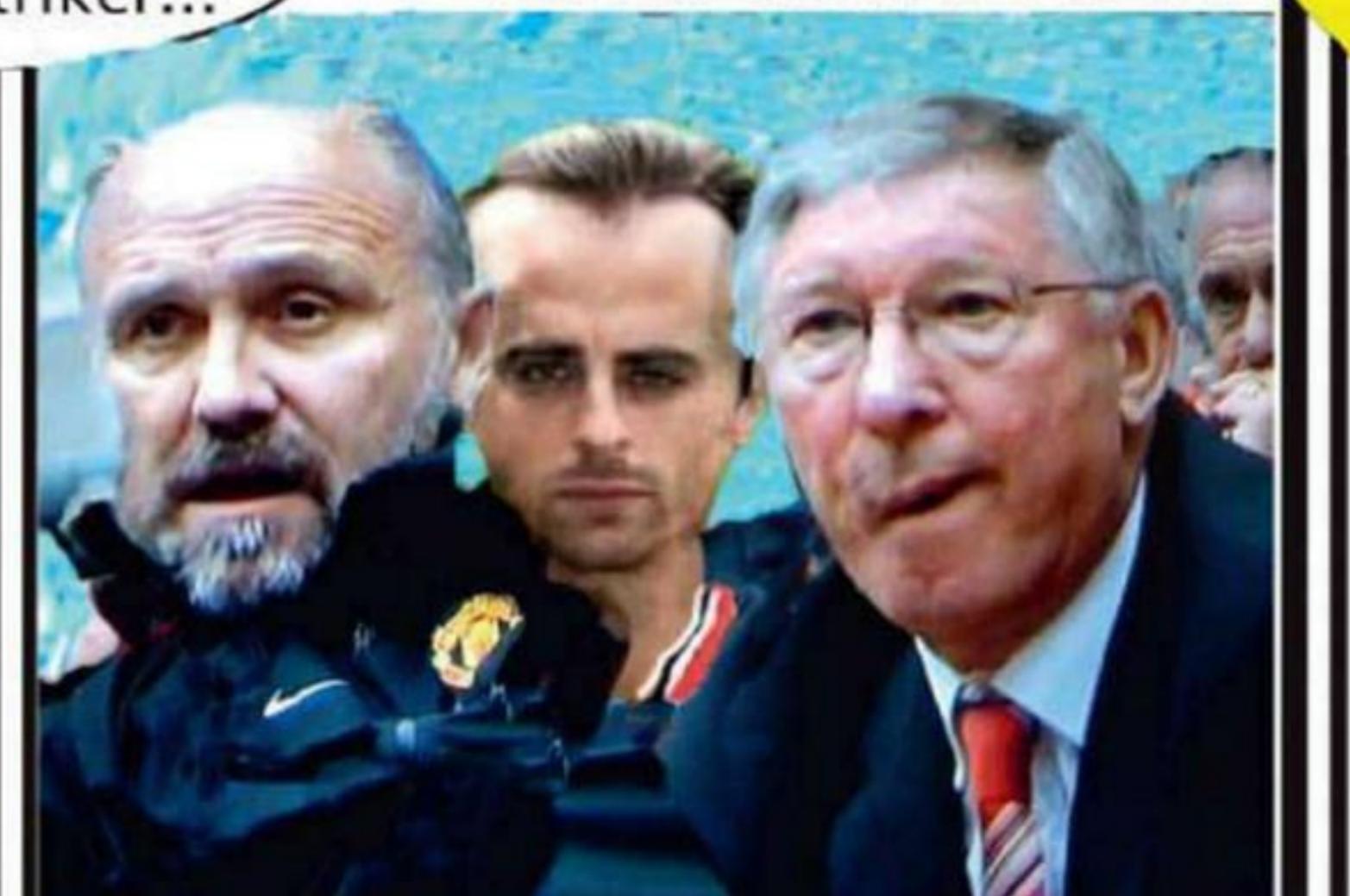


WORDS: TIM BURNETT PHOTOS: PA PHOTOS, GETTY IMAGES, CLEVA MEDIA, BACKPAGE IMAGES, PROPAGANDA, EAMONN CLARKE, COLORSPORT

**Outside
the
box**

Julian Puckett and Stephen Gulbis

There's so much more to my game than just being a striker...



all light. all fast.

Introducing the New
adizero F50 BLACKOUT



adidas adizero F50 BLACKOUT - £144.99

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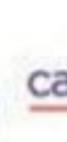


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Wacky's Just like a real conversation ... these WindUps respond to what is said !

WINDUP CALLS!

1. Sex Survey - Very rude & embarrassing.
- 2/3. Your numbers on my boy/girlfriends mobile - Why?
4. Overdue CreditCard - We're sending the Bailiffs.
5. You got my Girlfriend pregnant - Wanna fight ?
6. 'Honey Trap' Call - Are they cheating on you ?
7. Wrong Number - Is that the Massage Parlour ?
8. The VAT Office want their £20k ... or else.
9. Your Car Insurance is being Revoked - from 12pm.
10. Caught Downloading Internet Porn ... & a virus !
11. Strange £1Million Bank account Deposit - Why? + more online

0906 663 0211
Eire: 157 099 9375

HOW: Choose a Wind-Up, Call, Tell us their name & number, Sit back & listen secretly as we call them & play the Wind-Up .. Let the fun begin !

Helpline : 0844 482 2432. UK calls cost £1.50/min. Eire calls cost £1.75/min. Mobile's cost more. Bill payers permission required. 18+ only. For entertainment purpose only. Visit www.wackyprankcalls.com for more.

... asks for your victim by name !

Nuts

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No rip offs, no catches 



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text PUCK to 68833

18+ only! Video costs 10 pence plus your standard network charge. Images compatible with wap enabled phones. To stop text STOP to 68833. Users must prove that they have been adult verified by their network operator in order gain access to xxx content. From time to time we may promote similar products and services to you. To stop from all promotions text STOP to 61177. Helpdesk: 0844 4457707. SF Ltd BCM SF WC1N3XX. *service not available for 3 users.

LIVECHAT
CHAT, SHARE PICS AND MEET HOT GIRLS



TEXT 'BABE' TO 88211
BI OR CURIOUS? TXT 'MALE' TO 88211

18+ Text Costs: 50p to send message, 15p to receive a profile. Billed in £5.00 increments. First £5.00 is FREE. SP-APN uk fd Support: 08442430071. To stop send STOP to 88211. *Free £5 only available to new customers.

TEXT TALK
WITH PICTURE MESSAGING
 (£1.50 per pic msg sent / recvd)
UPLOAD YOUR PROFILE PICTURE FOR FREE!



£1.50 for 1st 15 msgs sent/recvd.
£1.50 for 6 msgs sent / received thereafter.

**Men: Text 'mpea' to 88199
Women: Text 'wpea' to 88199
Gay: Text 'gpea' to 88199**

18+ only. Helpdesk 0844 944 0002. Standard network charges apply.
Women: Network charges only. Send STOP to 88199 to stop. IP: X-On.

TEXT CHAT
£1.50 for 1st 15 msgs sent/recvd.
£1.50 per 6 msgs sent/recvd thereafter.

**Men: Text 'mwall' to 88199
Women: Text 'wwall' to 88199
Gay: Text 'gwall' to 88199**

18+ only. Helpdesk 0844 944 0002. Standard network charges apply.
Women: Network charges only. Send STOP to 88199 to stop. IP: X-On.

***FREE 4 WOMEN TEXT CHAT**
1st 5 msgs FREE.
£1.50 for 5 msgs sent/recvd thereafter.

**women text: ecoco
men text: mcoco to:
gay text: gcoco 69866**

18+ only. Helpdesk 0844 944 0002. Standard network charges apply.
Women: Network charges only. Send STOP to 69866 to stop. IP: X-On.

FREE SEXY MOBILE VIDEO
For Every Reader!

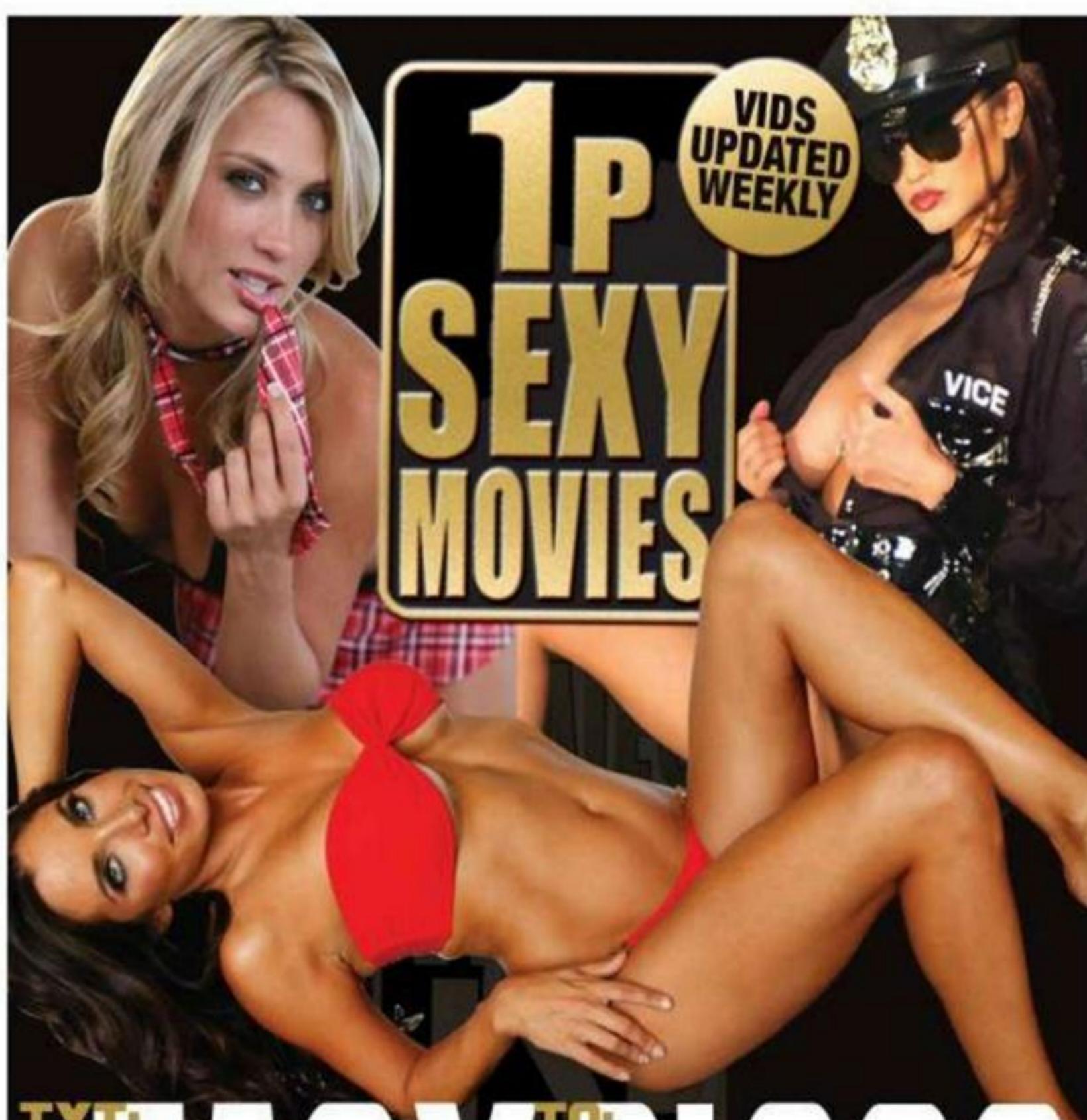


TEXT: SEXY To: 84455

SMALL PRINT

*There is NO CHARGE to receive the movie.

18+ Mags sent to 84455 inc 12p. SMC: support@smuchthepaper.com helpline 0870 7050254. Stop/Next stop to 84455. Chat mago now £1.50. We may send you free promotional & service mags.



1P VIDS UPDATED WEEKLY
SEXY MOVIES

TXT: TO: EASY 81833

Get one vid for just 1p. Other items on site are charged at £3 for 3 videos, £1.50 for 3 pics, charged per page, pay only for what you view, games and tones priced individually. Messages to 81833 charged at standard network rate. 16+ only. Send Stop to 81833 to stop service. Provided by BS Mobile PO Box 2952, London, WC1N 3XX. Help tel - 0870 100 1024, help@blingmob.com

Fulfil your fantasies - 18+ Adults only prs service

REALLY URGENT ? TEXT:-URGENT to 68889

BRITISH HOOKUPS

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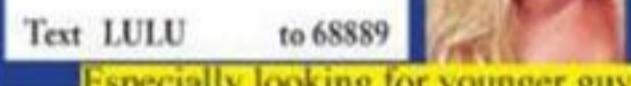
**ALL CONTACTS
HAVE PHOTOS
WAITING -
JUST ASK!**

Especially looking for younger guy



Sheffield. Black always carefree fun woman looking for guy. Newly single. Text 24/7. Text SHARON to 68889

Hot divorced woman in Yorkshire. Get photos and more... Text LULU to 68889



Especially looking for younger guy



Sexy JUST divorced curvy busty woman desperate for fun. 48 years old UK anywhere PHOTOS. Text SAMANTHA to 68889

Especially looking for younger guy



Tani. UKanywhere. 43 yrs. Photos. Text TANI to 68889

Especially looking for younger guy



**Wales. Divorced
Looking for fun.
Text - BETSY
to 68889**

Especially looking for younger guy



Especially looking for younger guy
London. UK Experienced sexy JUST divorced woman looking for fun. Photos. Text JILL to 68889

Especially looking for younger guy



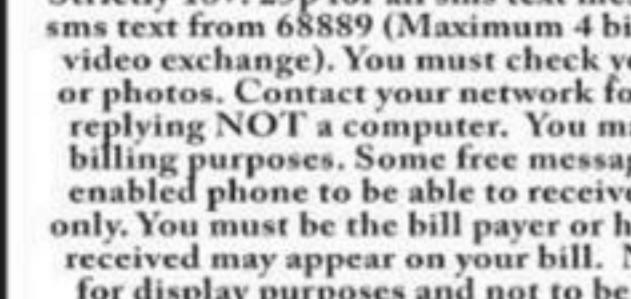
Black girl, 18 years old. Cute. Fun loving. Up for fun 24/7! Text MISTI to 68889

Especially looking for younger guy



Especially looking for younger guy
Older just divorced curvy busty woman wants to hear from younger guys 18+ Photos and more.. Text MARI to 68889

Especially looking for younger guy



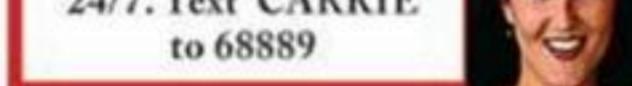
Especially looking for younger guy
Strictly 18+. 25p for all sms text messages sent to 68889 & £1.50 per received sms text from 68889 (Maximum 4 billed messages per reply, including photo/video exchange). You must check your mobile is able to send/receive videos or photos. Contact your network for possible network charges. Real people replying NOT a computer. You may receive some automated messages for billing purposes. Some free messages may be sent to users. You need a wap enabled phone to be able to receive photos and videos. Text chat & photos only. You must be the bill payer or have the bill payer's permission. Messages received may appear on your bill. No meeting made or implied. Photos received for display purposes and not to be reproduced. For fantasy entertainment only, areas/details to aid this. Virtual operator led service Terms and conditions @ www.britishhookups.com, please read the full virtual terms and conditions fully. B Media 331, 77 Bea Street, Soho, London W1F 6DB. Help? 08458388647 or admin@britishhookups.com To swap to a different persona text SWAP to 68889 at anytime. Please ensure you have credit in your phone if you are a PAVG user. We have the right to bar users if they are under 18. service text STOP to 68889 at any time.

Especially looking for younger guy



Older woman. Glasgow. Foot loose and fancy free looking for fun! Text 24/7. NANCY to 68889

Wales. Really sexy babe. Get my pics and more! Text 24/7. Text CARRIE to 68889



UK/London anywhere. Experienced woman. Old enough to know what I want! PHOTOS. Text GEORGIA to 68889

Especially looking for younger guy



YORKSHIRE. Pixie. 18 years old. Fun teen of 18 in Yorkshire area looking for fun times. PHOTOS and more.. Text PIXIE to 68889

Especially looking for younger guy



Sexy fun babe in Birmingham. Looking for fun. Photos and more. Text JENINE to 68889

Especially looking for younger guy



Anywhere UK. Photos and more... Text SHIRLEY to 68889

Especially looking for younger guy



Especially looking for younger guy
Leeds, Yorkshire. Indian hot babe wants some fun. Text 24/7. Photos. Text SHANTA to 68889

Especially looking for younger guy



Tanya. Older woman. Not looking for anything serious. PHOTOS. Text TANYA to 68889

Especially looking for younger guy



Especially looking for younger guy
Anywhere UK. Travel rep 19 . Looking desperately 4 hook ups. Photos. Text SOPHIE to 68889

Elle. 37. Blond. Fun. Easy going. Single. I love being single, I don't want kids or ties. Only fun. Guys 18-30 text me I have some fantasies too. Ask me! PHOTOS. TEXT:- ELLE to 68889

Joy. Mature experienced woman. Scotland. Divorced. 40DD. Young inexperienced guys welcome. Photos. TEXT:- JOY to 68889

Jean. 60s. Swindon. Getting on a bit but I still love a bit of no strings fun! Shy guys welcome. Photos. TEXT:- JEAN to 68889

MEG. Get my pics and naughty videos. Get in contact 24/7. Text MEG to 68889

Jan. London/UK anywhere. 42. Dark blond fun divorcee likes a drink & fun. Younger guys please. TEXT:- JAN to 68889

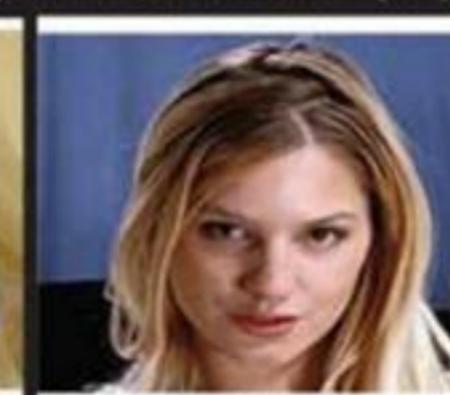
Giulia. 63. If you love women still in their prime in their 60s, then I'm your fantasy woman!! Blond. Slim. Toned. Nice figure and boobs. Gorgeous - that's me! I like wearing nice underwear & things. I'm still hot and sexy - So guys of any age text me Now! Anytime I'm up for fun! Text me 24/7!! PHOTOS. TEXT:- GIULIA to 68889

Anywhere UK. (46 yrs) Experienced Desperate BIG BBW woman needs fun now. Text/contact 24/7 guys! Looking 4 fun hook ups. Younger men welcome Text JESSE to 68889

Tash, Glasgow (18) Nat, Midlands (19)



Get my hot pix. Text TASH to 68889



Get my hot pix and HOT videos. xxx Text NAT to 68889

Jule, UK (40)



Hot Single woman (40) wants to be contacted by guys 18-35 for fun easy times. Get my HOT pix and HOT videos.

Text JULE to 68889



Get my hot pix. Text TARA to 68889

Naughty, Southwest

Saucy older woman wants younger guy. Get my HOT pics and VIDEOS. Text BEVERLY to 68889

Hot girl looking for fun. Get my HOT pixs & HOT videos. Text NAUGHTY to 68889



Midlands. 18 years old. Text: MINX to 68889 for hot pics & more.

Not a windup Service!

Messages are from real people, and not computer generated. Hook up whenever suits you! 24/7. 18+

Annalise. 43. Newcastle. I am just divorced, hot and naughty! Younger guys especially wanted. TEXT:- ANNALISE to 68889

Bella. Just 19. Looking for new experiences, especially with guy same sort of age. Blond. HOT Midlands. REALLY HOT. Photos. TEXT:- BELLA to 68889

Kyli. 20 years old. Get my HOT pixs and videos. Text KYLI to 68889



POSTCODE MATCH!

See who replies to your postcode....

To be matched to a woman (with HOT photos & maybe HOT videos
Text-

NUTS followed by your postcode to 68889
(for example
NUTS NE344NB)

Text NUTS followed by your postcode to 68889 and get in on the action! Hook up via your mobile

Text SWAP anytime to swap to a different hot woman
25p per message sent in. £1.50 per received text.

Are you especially looking for an experienced older women?

Use our older women postcode match!

Text: EXPERT followed by your postcode to 68889 for a quick easy hot match (with photos)

18+

Men/Women 18+ Visit -
www.britishhookups.com
and join for free now



LIVE CHAT

GET HOT & SEXY WITH NAUGHTY GIRLS AT HOME

**MATURE LADIES**
Hot sexy rated ladies who are very eager to please you! Very dirty and naughty we would love you to call xxx
0909 897 2053

**SWEET 18'S**
Very adventurous and lovely hot fit tight bodies looking for men of all ages who love anything really dirty. Call them x
0909 897 2038

**SINGLE MUMS**
Lush bodies and filthy minds when you want to get fully excited then just call - You'll love it! x Get hot satisfaction right now
0908 145 0576

**SEXY & MATURE**
OPEN ALL HOURS 24-7
Experienced ladies - do you want it hard and fast - Just call us to get the best get off in the UK XXX
0909 897 9111

**40+YR SHARON**
Divorced and sex mad will give you pure relief every time - Total satisfaction X-rated time xxx
Real hot extreme relief!
0909 897 9416

**POSH TOTTY**
Naughty posh girls looking for a bit of rough. Get down and horny with hot nympho's with class. Call now for hot relief!
0908 145 0580

**STUNNING FIT SEXY BLONDES**
Very sensual 100% genuine & really up for it always horny & ready to get you off - Ring now
0908 145 0581

**ON THE PULL**
Girls who adore horny guys looking for a quick fix with some totally adult relief. Feel the pleasure and call xxx
0908 145 0575

**SEXY CHAV BABES**
Give the very best relief - mutual excitement now! Try us now & we will fulfill your dirtiest hot naughty fantasies fast!
0908 145 0579

**MIND BLOWING**
YOU'LL TOTALLY LOVE IT
Naughty girls at home just looking to hook up with guys for the ultimate quickie session anytime!
0909 897 9412

**SUPERFAST RELIEF**
Are you ready to enjoy yourself cheap horny live get off. girls desperate to relieve you & their own urges xxx
0909 897 9442

**HOT FETISH BABES**
STRICT LADIES who love to be obeyed! Be controlled if you can handle it call now immediatley. Let them use their big toys on you!
0909 897 0888

**FANCY A REALLY FILTHY TIME?**
Filthy babes behaving badly looking for x-rated fun from these horny little devils. Call for relief
0909 897 9333

**COLLEGE GIRLS 18+ YEAR OLD CUTIES**
Looking for really horny guys of any age to fill their recreation time. So willing and eager to please you and turn you on like crazy! All guys needed urgently for the ultimate get off relief anytime of the day xxx Call us now for a great time - and lets play asap xxx
EASY & CHEAP, CALL NOW- 0908 145 0582

**HORNY DIVORCEE**
Very attractive eager women who will always get you turned on. Get off NOW with full adult satisfaction - fancy it?
0908 145 2544

**NAUGHTY WIVES**
Just hungry for a really dirty wicked time with you. 100% live sexual stimulation when you need it the most! xxx
0908 145 2542

**QUICK FIRE GIRLS**
Sexy girls who know when its a 1min quickie session. SUPERFAST QUICKIE RELIEF just when you want it xxx
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**40+ FRUSTRATED AND READY**
Looking for many partners, any age/size to unleash their total fantasies Its live, horny & cheap!
0909 897 9405

**I'LL BLOW UR MIND**
Filthy thrills that'll blow your mind. If you want IT live, Call for serious fast relief now & have the best ever 121 - you'll love it! x
0908 145 2543

**ONLY JUST 18+**
Real hot and up for it! Home alone being naughty Eager & keen to please you right now. Prepare to be totally shocked!
0908 145 2545

**RING ME, LISTEN AND GET OFF**
Pleasure each other totally live for full & total relief on the cheap. Girls waiting to hear from you
0909 466 7250

**HORNY GIRLS READY AT HOME**
Bad girls 18+ to 75+ do the deed live in private on your phone 121. Call now for ultimate relief x
0908 145 3021

**OLD BETTY 62**
She loves a good time can you help? its cheap dirty action - you will get addicted. Its amazing how much you'll be turned on!
0908 145 2975

**CHEAP AND LIVE**
Hot intense cheap adult 121. Like minded ladies in your area craving for deep raw passion in their lives. Call them now x
0909 466 7252

**SINGLE & SEXY**
Hot alone and ready to give fulfillment superfast! If you want naughty babes, mature ladies, bad chicks or horny wives. Try us x
0908 145 2976

**NAUGHTY DREAMS JUST FOR YOU**
Looking for instant relief, call us today for a really back breaking time of sheer lust & banging relief
0908 145 3020

**STUDENTS 18+**
Can you handle these shocking students who will do anything and everything it takes! Use them over & over again
0908 145 0578

**LUSH & LOCAL**
Incredibly filthily skilled local babes ready to take a firm grip. They know just how to handle anything you've got to give
0908 145 2974

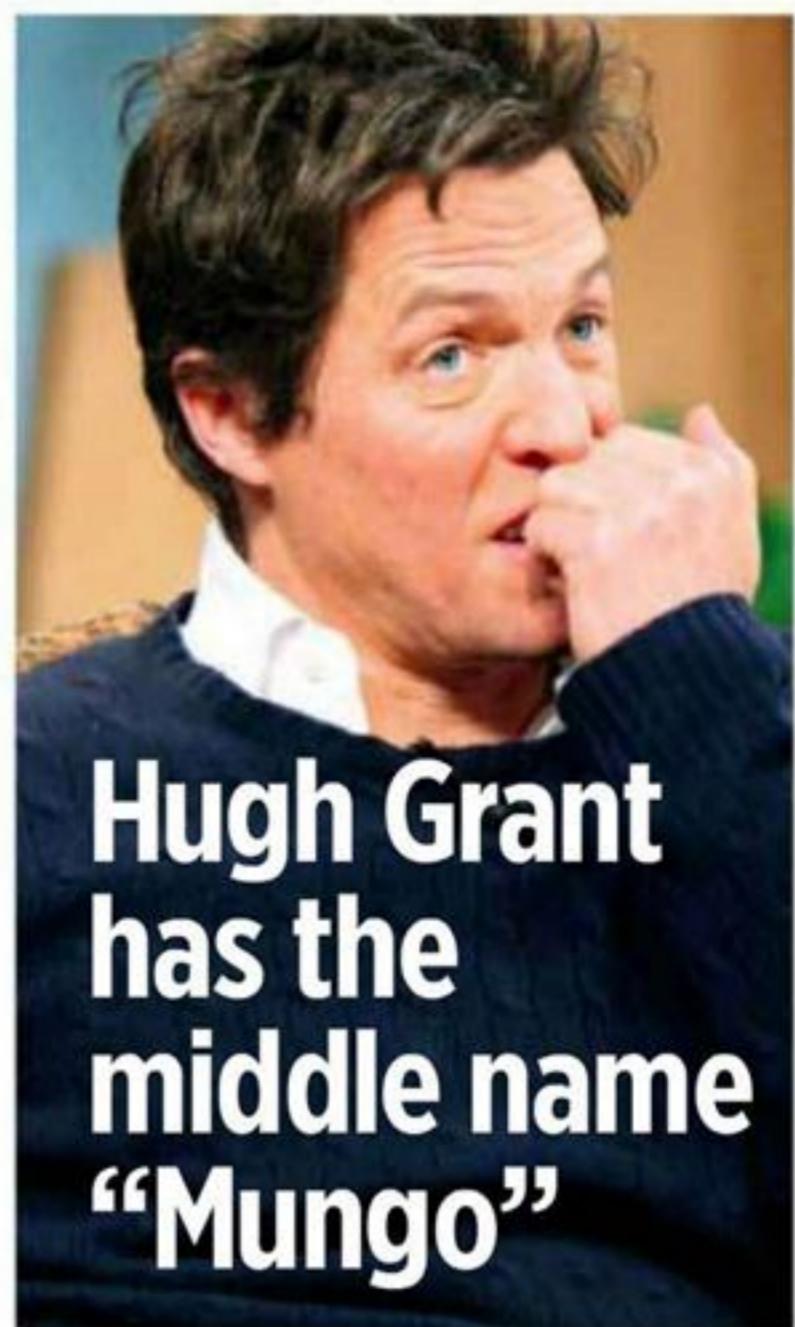
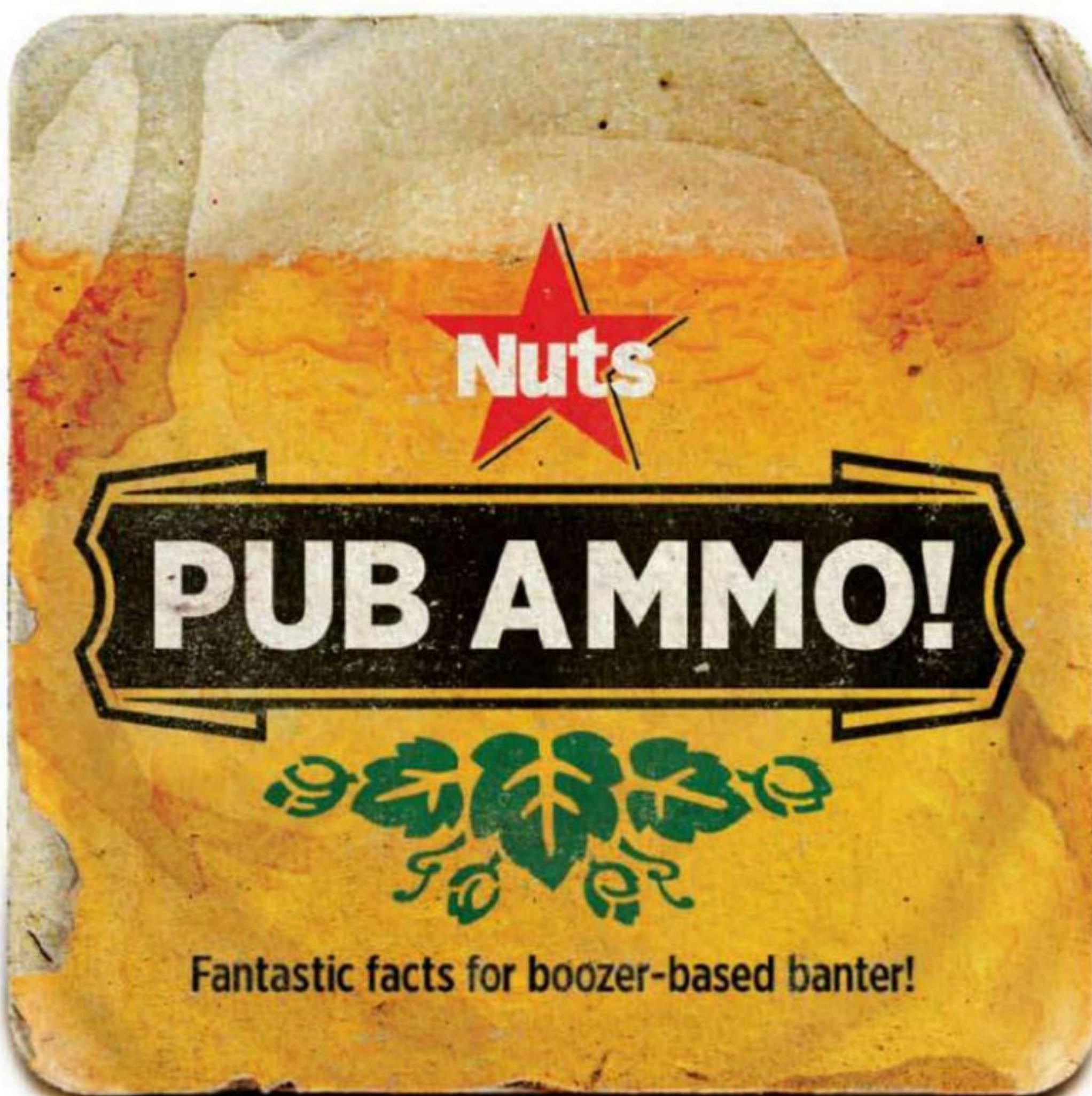
**OFFICE JUNIORS**
Bored at work or very frustrated at home? Give us a call to unleash our naughty thoughts. Get off superfast in secs x
0909 466 7251

**DIVORCED & SEXY**
Very bad women who will do all you desire. Many horny partners needed urgently for hard play xxx Please call, available 24-7
0908 145 0577

**SEXY & PHYSICAL**
Easy natured hotties eager to meet guys who love to play rough. They do WHATEVER it takes to get your firm attention
0909 897 9447

SEXY TEXT WITH LOCAL GIRLS - JUST TEXT 'EASY' TO 69469

+ network extras. 0909 466 & 0909 897 Calls cost 61p per minute + network extras. Calls recorded. SMS cost £1.50 each to receive + standard network charges apply. To stop just text 'STOP' to 69469. Mobile users may receive free promotional messages. Callers must be 18+ only to use this service. LiveLines Ltd PO6538 NN2 7YN. Helpline 0844 871 4497.



During the Prussian siege of Paris in the 1870s, rich people were forced to eat animals from the city zoo.



The heaviest person to complete a marathon was US sumo wrestler Kelly Gneiting, who ran the 2011 LA Marathon with a starting weight of 28 stone, eight pounds – although he lost four pounds during the race.



All the expiry dates on bags of crisps in the UK fall on a Saturday

One millilitre of human saliva contains 100,000,000 bacteria



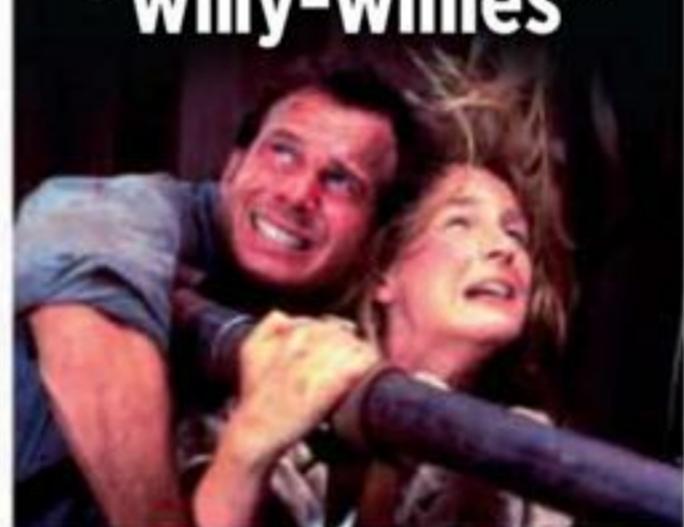
Modern wrestling was invented because it was felt that traditional wrestling, which allowed holds below the waist, was distasteful.



Killer whales are actually dolphins



Australian people call hurricanes "willy-willies"



Human beings continue to break wind after death



His love of trees was getting out of hand

Pub Ammo on... birdwatching!

- Many birdwatchers like to be called "birders", as they enjoy listening to birds, too.
- In 1989, some 5,000 "birders" visited a car park in Kent to observe a rare warbler.
- According to a 2006 study, American birdwatchers contribute \$36bn (£22m) to their nation's economy.
- England's Tom Gullick claims to have seen around 8,800 of the world's approximate 10,000 species of bird.
- The British Birdwatching Fair runs from 19-21 August at Rutland Water Nature Reserve. birdfair.org.uk

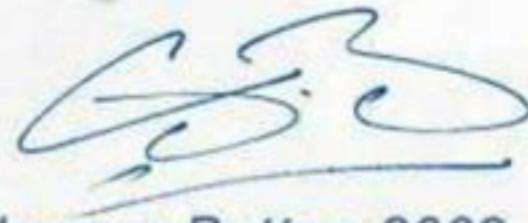


Nuts

Jessica-Jane Clement



WINNING



Jenson Button 2009
Formula One™ World Champion

**WHATEVER'S ON JENSON'S MIND
IT'S NOT DANDRUFF**



facebook.com/makingheadshappier

